

Happy Well-being Wednesday!



World Meditation Day May 21



<https://mindfulnessbox.com/world-meditation-day-is-may-21/>

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6 Ideas for World Meditation Day

World Meditation Day is May 21. Here are 6 ideas to celebrate it.



**Try something
related to meditation
(like yoga)**



**Do a meditation
challenge**



**Try a new
meditation technique**



**Join a group
meditation**



**Download a
mindfulness app**



**Promote meditation
in your school
or workplace**



Meditation and emotional and physical well-being

- Gaining a new perspective on stressful situations.
- Building skills to manage your stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing imagination and creativity.
- Increasing patience and tolerance.
- Lowering resting heart rate.

Useful helplines



☎ 0800 58 58 58

💬 WEBCHAT

<https://www.thecalmzone.net/>



childline

Call 0800 1111 ☎

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>

shout
85258

TEXT 'SHOUT' TO

85258

here for you 24/7

<https://giveusashout.org/>



HOPELINEUK
0800 068 41 41

<https://www.papyrus-uk.org/>

SAMARITANS

Call 116 123 for free

<https://www.samaritans.org/?nation=scotland>

Anxiety UK

03444 775 774 | Text support: 07537 416 905 (open Mon-Fri 09:30-17:30)

<https://www.anxietyuk.org.uk/>

A useful website to use ➡ <https://www.nhs.uk/every-mind-matters/urgent-support/>

Happy Well-being Wednesday!

Where to get help if you need support in school:

@RPCC there is so much support.

- Tutors
- Head of year support
- Heads of year
- Teachers
- Support staff
- Mental Health support workers
- School Councillor
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

