

Happy Well-being Wednesday!

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)



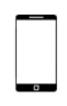
Do a meditation challenge



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





https://www.thecalmzone.net/



childline

Call 0800 1111 🛭

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

ONLINE, ON THE PHONE, ANYTIME





https://giveusashout.org/





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



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

