

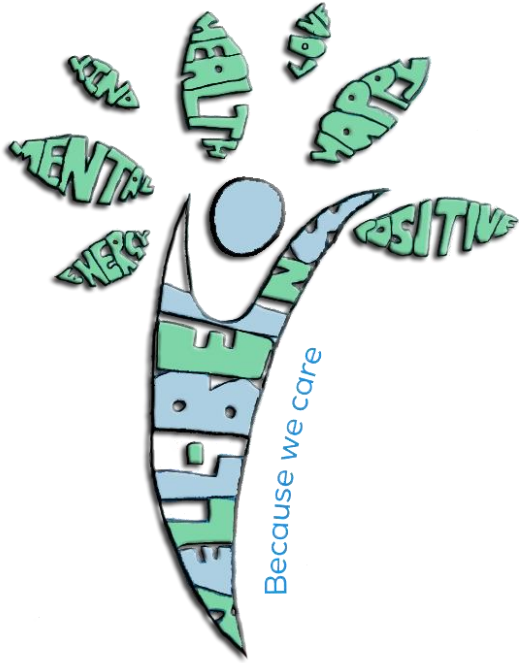
Happy Well-being Wednesday!



WHAT HAPPENS WHEN YOU SLEEP



Happy Well-being Wednesday!



9 tips for a good night's sleep



1 Cut the caffeine

Caffeine sensitivity can vary, but doctors recommend limiting caffeine after 12pm.



2 Avoid alcohol

Alcohol has a dehydrating effect and reduces sleep quality.



3 Set boundaries

Take regular breaks during the day and switch off when it's time to do so.



4 Disconnect

Beware of constant connectivity. Avoid blue light from screens before bedtime.



5 Create rituals

Find the bedtime rituals that help you wind down and relax. A bath, candles, yoga etc.



6 Lower the lights

If you can't block light in your bedroom, consider wearing a sleep mask.



7 Keep it cool

From 9pm your core body temperature falls, easing you towards sleep. Make sure your bedroom is cool to help you on your journey towards sleep.



8 Write down your anxieties

Worries always seem bigger at night. Write them down before you go to sleep, so they can be contained elsewhere.



9 Have a routine

Go to sleep and wake up at the same time each day.

Happy Well-being Wednesday!



<https://www.youtube.com/watch?v=nysjq8VlwI8>

Useful helplines



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

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
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

