

SECONDARY SCHOOL & COLLEGE NEWSLETTER

September 2023



Welcome to our September 2023 MHST newsletter!

We hope you have had a relaxing summer break and are feeling prepared for the start of the new academic year.

As we gear up to another school year, it is essential to remember that taking care of our wellbeing is just as important as academic success. The transition back to school & college can be both exciting and challenging, but by prioritising self-care and implementing strategies to support our wellbeing we can navigate this journey with confidence and thrive.

In this edition we'll be looking at our wellbeing at this time of the year and what we can do to help us to enhance it through exploring the concept of the six ways to wellbeing. There is an evidence base to show that getting more of the six ways to well-being into everyday life can improve mood and well-being.

We will also look at top tips to help you manage your wellbeing as you transition back to school.

We are the Mental Health in Schools Team (MHST). We provide targeted support for anxiety, low mood and/or behavioural difficulties. In Secondary Schools & Colleges we primarily provide 1:1 support with young people using evidenced-based interventions based on Cognitive Behavioural Therapy (CBT). If you feel you (or your child or pupil) would benefit from support from our service, you can speak to your school who will discuss this with you and send a referral into our service.

Contact us:

If you have any questions or queries for the
Southampton MHST

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EXPLORING WELL-BEING



Have you ever wondered what it is like to be well and feel good in all aspects of our life?
Well, let's see!

Wellbeing is all about taking care of yourself both physically and mentally. It is about feeling happy, healthy, and balanced in different areas of your life. We can imagine it as a puzzle with many pieces that fit together to create a complete picture of your overall wellness.



What are some of the different aspects of wellbeing?

Physical wellbeing focuses on maintaining your body's health. It is all about eating healthy food, staying active through exercise or sports, and getting enough sleep. Taking care of your body will increase your energy levels and help you maintain a strong and fit body.



Your **mental and emotional wellbeing** is as important as your physical health. It involves understanding and managing your emotions, thoughts, and feelings. Developing healthy coping strategies, such as talking to friends or family, engaging in activities you enjoy, or practicing mindfulness, can greatly contribute to your emotional wellbeing.

We humans are **social** creatures, and our relationships are a vital part of our overall wellbeing. Nurturing positive connections with your friends, family, and our community can bring joy, support, and a sense of belonging to our life.



Wellbeing is a delicate balancing act. It is important to find a balance between school, hobbies, downtime, and personal care. This can be done by prioritising activities that bring you joy and help you relax, while also ensuring that you meet your responsibilities and commitments.

Remember, wellbeing is a long-life journey, and it is unique to each of us. By taking care of your physical health, nurturing your emotional and mental health, and fostering meaningful connections, you can be on the right track to achieving a happy and fulfilling life.

SIX WAYS TO WELLBEING

Welcome to your 6 Ways to Wellbeing section of this newsletter!

Research has shown that there are some basic ingredients - the six ways to well-being - that ensure good well-being at any age. These help to improve our enjoyment of life, and help us feel more confident.



Make sure you and others in your family get all these ingredients in your day to day lives. You can combine some of them, for example, going for a walk (being active) with a friend (connection) being fully present in the experience (take notice).



1. CONNECT

We know that the new school year can come with lots of challenges, whether its new teachers, classrooms, or people, but this can also bring exciting opportunities!

One of the 6 ways to wellbeing is to connect, a great way to do this is reaching out of your comfort zone.... I bet we've all seen someone around the school that we want to speak to but don't know how?



This is your challenge to go up to that new person and connect, ask about their hobbies, pets, favourite food.... sometimes the best friendships are the ones that come from that brave moment of approaching somebody! So... What are you waiting for?

2. KEEP LEARNING

People who continue to learn new things outside of school have a greater sense of wellbeing and self confidence.

**Have you ever wanted to learn a really random language?
To be able to talk to different people in different countries?**

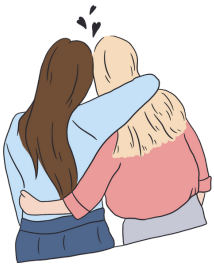
On Duolingo, there is a choice of 43 different languages to learn for FREE! Duolingo can be used by anyone of any age and ability. You can scan the barcode or search Duolingo in any app store!



3. TAKE NOTICE

Another great way to look after ourselves is to take notice - which means being aware of what is in the present moment. This week, why not try and notice the unusual in the every day, take note of the things that you don't usually take notice of...

- That tree you always walk past on the way to school? Exactly what colour is the bark on that tree? What does it smell like? How is it different from the other trees?



- Your best friend... what is it exactly about them that you love? What do they do that you've never noticed before? Telling them goes one step further and can allow you to not only take notice, but to also connect!

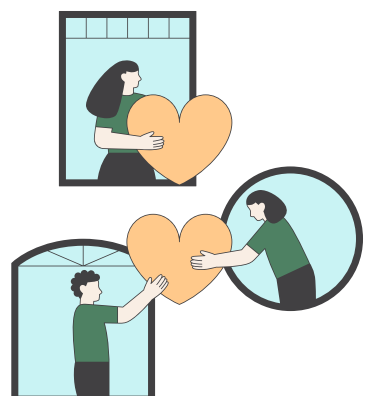
4. GIVE

Research shows that helping others can not only benefit them, but us too! Giving to others reduces stress, improves our mood and increases our happiness.

Giving doesn't need to cost money or take too much time, some great ways you can give to others include:

- Giving your old toys and clothes to charity - someone will enjoy them!
- Making a homemade card for a loved one
- Holding a door open for someone
- Listening to someone else and how they are feeling

Just giving your time to someone can be a great way to show that you care, and it will have benefits for you too! so go & give!!



5. BE ACTIVE

Science says that exercise is proven to boost your mood and lower your levels of anxiety. Now, I know what you're thinking, this newsletter is going to tell me to go for a run... whilst running is a great way to stay active, we know that everyone has different levels of mobility and fitness, and that running just isn't that much fun for everyone, so here are some ways you can be active and not have to run!

- helping in the garden, at school or at home
- hula hooping
- learning a new online dance
- sea swimming
- fishing
- chair yoga (its pretty cool, look it up!)



6. SELF-CARE

Self-care is all about YOU, caring for yourself means that you will have more time to give to others, have more motivation to be active, be able to take more notice, and connect with people better.


Take some time today, in or out of school to do something that you enjoy and care about. If you make a mistake today, be kind to yourself, speak to yourself as if you were speaking to a friend, and overall, just be kind, to yourself, to others, and to the planet. After all, you can't look after others if you are not looking after yourself !



THE 5 DAY CHALLENGE

IN THE NEXT 5 DAYS, SEE HOW MANY OF THE 6 WAYS TO WELLBEING YOU CAN FIT IN!

	Connect	Be Active	Take Notice	Keep Learning	Give	Self Care
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						



Top Tips



to help you manage your wellbeing
as you transition back to school & college

Establish a Routine

Creating a consistent daily routine can provide structure and reduce stress. Set regular wake-up times, meal times, study periods, and bedtime. Consistency helps your body and mind adjust.

Prioritise Sleep

Aim for 7-9 hours of quality sleep each night. A well-rested mind is better equipped to handle challenges and focus on learning.

Healthy Nutrition

Eat a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid excessive sugar and junk food, as they can affect your energy levels and mood.

Stay Hydrated

Proper hydration is essential for concentration and overall well-being. Carry a water bottle with you throughout the day.

Stay Active

Regular physical activity boosts mood, reduces stress, and improves cognitive function. Engage in activities you enjoy, whether it's walking, sports, yoga, or dancing.

Mindfulness and Relaxation

Practice mindfulness meditation, deep breathing, or progressive muscle relaxation to manage stress and improve focus. Even a few minutes each day can make a difference.

Limit Screen Time

While technology has its benefits, excessive screen time can contribute to stress and disrupt sleep. Set boundaries and take breaks from screens.

Stay Organised

Use planners, calendars, or digital apps to keep track of assignments, exams, and other commitments. Staying organised can reduce last-minute stress.

Social Connections

Maintain a healthy social life by spending time with friends and family. Positive relationships provide emotional support and a sense of belonging.

Open Communication

If you're feeling overwhelmed, anxious, or struggling with the transition, don't hesitate to talk to a trusted friend, family member, teacher, or trusted adult. Sharing your feelings can help alleviate stress.

Set Realistic Goals

Break down your academic and personal goals into smaller, achievable steps. Celebrate your successes along the way, which can boost your motivation and confidence.

Self-Compassion

Be kind to yourself. Acknowledge that it's okay to make mistakes and face challenges. Treat yourself with the same kindness and understanding you would offer to a friend.

Hobbies and Interests


Make time for activities you enjoy outside of school. Engaging in hobbies and interests can provide a healthy outlet for stress and help you recharge.

Time Management


Learn effective time management skills to balance academics, extracurricular activities, and personal time. Avoid overloading yourself with commitments.

Limit Perfectionism

Striving for excellence is admirable, but perfectionism can lead to unnecessary stress. Focus on doing your best rather than seeking perfection.



Remember that everyone's needs are unique, so adjust these top tips to fit your personal preferences and circumstances. Prioritising your wellbeing will contribute to a successful and fulfilling education experience.





GOOD NEWS STORY

Southampton Pride took place on Saturday 26th August 2023. It was lovely to see so many of you visit the Southampton Mental Health in School Team stall where lots of you had a go at our activities.



The annual event brought lots of people of all ages who dressed up in multi-coloured clothing, faces painted and waving flags. It was lovely to meet so many of you.

Pride events are held in various cities around the world, typically during the summer months, to commemorate the Stonewall riots of 1969, which were a pivotal moment in the LGBTQIA+ rights movement.

Pride events are organised to celebrate, promote and support the LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual and Other Non-Heterosexual People).

Southampton Pride events included a parade, performances, workshops, and educational activities that promote diversity, equality, and acceptance. Pride events aim to raise awareness about LGBTQIA+ issues, celebrate the progress that has been made, and continue the fight for equal rights and representation.



FURTHER INFORMATION & SUPPORT



The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via our online community, on social, through the free, confidential helpline or the counselling service.



YoungMinds provide young people with tools to look after their mental health. They also aim to empower adults to be the best support they can be to the young people in their lives. They give young people space and confidence to get their voices heard and change the world we live in. The website has lots of information on mental health and related topics.



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything - whether it's something big or small, our trained counsellors they are there to support you. Their website also has lots of information, advice, tools and more.



Mind are a large mental health charity who provide advice and support to anyone experiencing a mental health problem. They also campaign to improve services, raise awareness and promote understanding. Their website has a section with advice and information specifically for young people. Our local branch of Mind is called Solent Mind and information on local services and events can be found on their website.