



Diocese of Salisbury

Academy Trust

'Beyond expectations for all of God's children'

Well, we made it to the end of another unbelievable week. Whatever your role has been in getting us through it, thank you. Our focus now is twofold: making on-going learning provision possible for the vast majority who are at home (some amazing stories on Twitter this week) and enabling on-going provision for our most vulnerable children and key workers. A friend in the NHS said to me this week: "Please thank your staff for all they are doing to help us keep the NHS going at the moment – it is so appreciated." Please know that your work is highly valued by so many.

I am deeply grateful to members of our Academy Improvement Team (AIT) who have been working on this document this week and using Twitter really effectively to get these messages out there. As a team we are acutely aware of the toll that the current circumstances can have on our mental health. What we do normally is tough enough – the emotional fallout of recent days only adds to that. Someone was telling me earlier in the week about the immense feeling of sadness she felt at sending children home last Friday not knowing when they would be back. I totally understand that. So, hopefully you will find these next couple of pages helpful to refer to. I also want to encourage you over the next week to ensure that you find some time to unwind and relax, and that you begin to plan for things that you might be able to do at home during the Easter holiday period, where the day to day work demands will be a little less. I am reminded of the words of Jesus who said: "Come apart and rest awhile" (Mark 6:31). There was so much coming and going and he recognised how essential it was for them to rest. As I once heard a preacher say: "As Jesus said, we need to come apart and rest awhile, otherwise we might just come apart!"

Thank you to all of you and keep up the great work – as they say at St Andrew's, #makeadifference.

Mark Lacey, Chief Executive

Hi All, Welcome to a weekly 'how are we all doing?' collage board. Hopefully, there is something included in here that you will want to think about and perhaps explore further. All these ideas/resources/suggestions have been tweeted on the @thedsat. We will continue to add things through the DSAT Twitter account. Take care, AIT.

<https://mhfaengland.org/>

WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS YOUR STRESS

Where's my mental health today?
How do I feel today?
Mentally?
Physically?

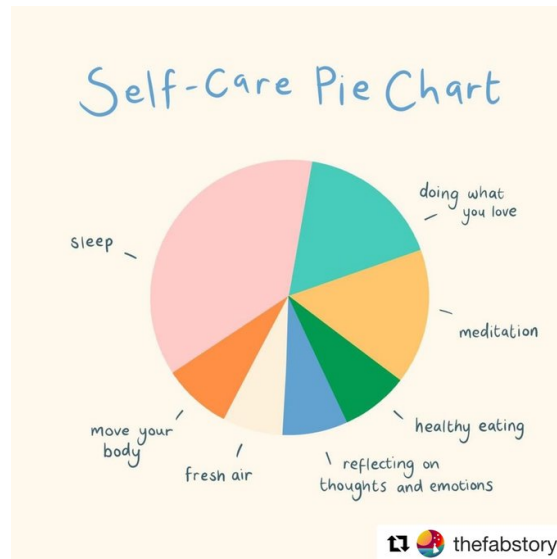
Looking after my wellbeing
Am I drinking enough water and eating a balanced diet?
How did I sleep last night?
Did I feel rested when I woke up?
Is there anything I can improve?

How's my thinking today?
How are my thoughts making me feel?
Am I having unhelpful thoughts?
Check out getselfhelp.co.uk or moodgym.com.au for free resources on spotting and challenging unhelpful thoughts

My Stress Container
How full is my container?
Am I using helpful coping strategies?
Are they working?
Learn about your stress container here: mhfaengland.org/mhfa-centre/campaigns/mhaw2018

MHFA England There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

Please see attached 'My whole self - supporting your mental health while working from home.'



Ensuring that we are mindful and practicing our own 'self-care' is crucial, so that we can be the best we can be...in our roles supporting others.

For adults and children:



Dr Rangan Chatterjee @drchatterjeeuk

5 things to do when staying at home

1. Have a daily routine
2. Only watch the news twice a day at most
3. Write down your worries in a journal or a piece of paper
4. Make sure you do some sort of movement EVERY day
5. Phone a friend or relative EVERY day

Stay positive, keep learning

5 tips for children and families learning and living through social distancing



STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.



Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.



MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.



Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!



LIMIT SCREENTIME

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**



Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!



GO OUTSIDE, STAY ACTIVE

Spending time in the **sunlight** is essential for wellbeing.

Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.



Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.



TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have some worried feelings.



Talk to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

Be grateful for each other. Now more than ever.

Thank you to St Andrew's for posting this: *Families are putting rainbows up in their windows to connect with friends and family we can't visit. Why not put up your own rainbow and share a photo with us. We'll fill our page with rainbows and see the rainbow through this storm.*

Lovely to see the DSAT response to rainbows being a new part of our lives.

