



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.

**From Mark:**

I don't know whether you have even noticed, but today is the last day of term and the start of the Easter holiday! For all of us, this will be an Easter holiday like no other. A day trip might involve an adventure all the way to the end of Our Street. A flight will likely only be the flight of a bumble bee or butterfly as we spend time in the garden. The first opportunity of the year for sunbathing...well, who knows? If there is a deckchair in the shed, scrub it down and set it in your garden in hope. For many of you, the holiday will involve at least some time on duty as you provide for your pupils like never before – to you I say a special 'thank you'. Please know how much it means to those for whom you are providing – the clap for the NHS on Thursday evening was a round of applause for you as well as you keep these critical people working.

Of paramount importance over the next two weeks is that you find some quality time for rest and recuperation. This has been an unbelievable few weeks and we have got ourselves through on reserves of energy we never knew we had. The next term promises to be different and challenging as well, so it is essential that we are all refreshed as we move into this period. Within our DSAT team, we will continue to be on duty to serve you this Easter as needed but equally, we are ensuring that everyone on our team takes time out for rest.

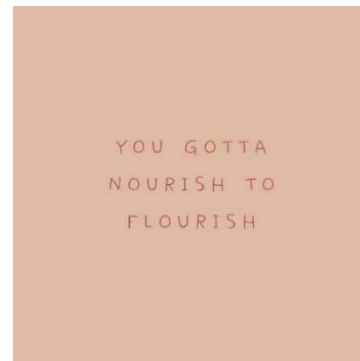
Easter, of course, is all about the death and resurrection of Jesus. I am reminded of those who lovingly cared for him as he made his way towards the cross. Mary, Martha and Lazarus, for example, in their home in Bethany showed Jesus unusual kindness at his most challenging time. I am sure you have all been showing kindness to so many but how good are you at receiving it from others? Consider then, the body of Jesus as it was taken from the cross – the physical challenges of all that he had endured, now culminating in his body being laid to rest. Think what that rest accomplished – just a few days later, he rose again in what the Bible refers to as 'the power of an endless life', so that he could give life to others. My point is this – rest now for a while. In order to face the challenges and excitement that the next term will bring; you need to be replenished so that you will 'rise again' to achieve even greater things. Easter is filled with despair but hope and life triumph over it all!

**For us all: this week and next, we will share two 'top tips' for self-care, starting with:**









As we go into the Easter Holidays, some of us will continue to work, and/or hold responsibility. It is crucial, for our own well-being, that we prioritise 'us', which includes giving yourself permission to be 'off the job'. Make time each day to do something that you enjoy, something which fuels you and maintains your self-care, something which offers to another. Think about punctuating your day with:

- ♥ **Something you enjoy:** reading a chapter of your book, sitting in the sunshine for 5 mins and letting your skin feel the warmth, viewing/being in nature, watching a TV show, cooking, movie night in... As you enjoy this moment, be mindful in its presence. *This is a time for you, a time which brings you joy each day.*
- ♥ **Self-care (body, mind & soul):** sit down in a quiet space and think about how full your jug is. This is a fantastic visual tool for us all to use. We need to try our best to keep the jug from filling to the top, and therefore avoiding overflow, which can look like us feeling overwhelmed. What lowers your jug? Write down, or journal, what helps to gently lower, or even empty, your jug. Ideas might be – walking the dog, 10 mins of protected peace and quiet with a cup of tea, journaling whilst the children are still asleep, having a daily routine (week days and weekend days) so you know where your quieter moments are, a space in the day for reflection or prayer. *It may feel like we are 'on duty' 24/7 at the moment – when we look at all the roles we may be undertaking. So it is crucial that we take, each and every day, a little time and space for own self-care.*


✓ Create a routine for the day – structure is the pre-requisite to freedom.





✓ Consider creating your very own 'self-care checklist' – see below for an idea.

Self-care checklist		Mon	Tues	Weds	Thurs	Fri		Sat	Sun
	Drink water upon waking			♥	♥	♥		♥	
	Make a daily to do list			♥	♥	♥		♥	
	Yoga stretch (5 min stand)			♥	♥				
	Keep to routine			♥	♥				
	What I am grateful for (sharing)			♥		♥			
	Talk to...			♥	♥	♥			
	Go for a walk (20 mins)		♥	♥	♥	♥			
	Call parents								

♥ Achieved

 Self-care for my body & soul

 Self-care for my mind

 Self-care through giving to others and connection



Dr Rangan Chatterjee @drchatterjeeuk

"What do you want to be when you grow up?"



"Kind" said the boy

A podcast you may be interested in: How being kind helps your immune system, reduces stress and changes lives – Dr David Hamilton. <https://drchatterjee.com/how-being-kind-helps-your-immune-system-reduces-stress-and-changes-lives-with-dr-david-hamilton/>

**Helpful websites (PHE/NHS): signposting support -**

What is anxiety?	<a href="https://www.nhs.uk/oneyou/every-mind-matters/anxiety/">https://www.nhs.uk/oneyou/every-mind-matters/anxiety/</a>
Understanding sleep problems	<a href="https://www.nhs.uk/oneyou/every-mind-matters/sleep/">https://www.nhs.uk/oneyou/every-mind-matters/sleep/</a>
Mental wellbeing audio guides	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/">https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/</a>
Looking after your mental health - Coronavirus	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
Mindfulness	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/">https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/</a>
Mental health helplines	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>
<b>Dr Jud Brewer – daily YouTube posts</b> Dr. Jud is the Director of Research and Innovation at the Mindfulness Center and associate professor in psychiatry at the School of Medicine at Brown University We're all experiencing some level of fear and anxiety right now. Let's start by talking about what's going on inside our brains right now, why that's happening, and what we can do about it to feel less anxious.	<a href="https://www.youtube.com/watch?v=w4NwsyXRbNw&amp;list=PL6sRqjtLfITni7oXKpSj2cQ9290lkpKH">https://www.youtube.com/watch?v=w4NwsyXRbNw&amp;list=PL6sRqjtLfITni7oXKpSj2cQ9290lkpKH</a>

