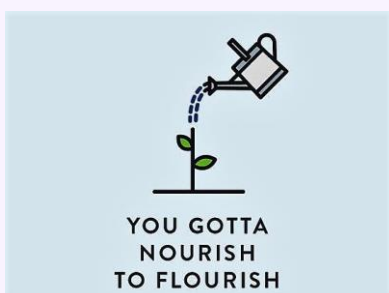
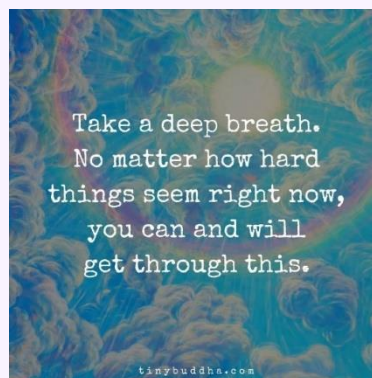
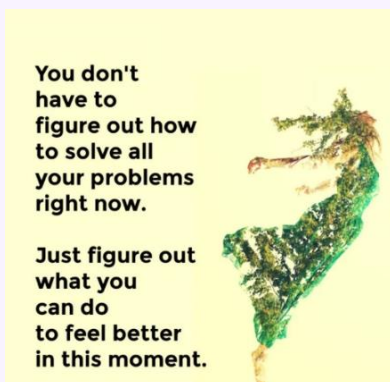




**From Mark:**

Glory! Glory! Man United! I'm not even a fan, but Marcus Rashford secured the club's biggest victory in a while with his campaign to provide meal vouchers over the Summer holiday for children entitled to Free School Meals. It reminded me of the ability of an individual to bring about change, particularly when it is a matter of social justice. Also, there has been a lot of talk recently about 'vulnerable' children, and I worry the word has been used too widely and loosely, such that many of these children have become aware of having this label. There is nothing wrong with people acknowledging vulnerability (read Breneé Brown's work) but it isn't a label. For some time, in private conversations, I have been referring to these as our 'valuable children', then this week, I heard someone else do the same on a webinar and it has emboldened me to use it more widely. Every child has immense value, as do you, the adults who serve them. We have been encouraging you through this weekly bulletin to value yourself and take care of yourself. This week I would just like to encourage each one of us to recognise again the immense value of those children who have found this period of time more challenging than most; to find great value ourselves in being able to meet and address some of their needs, to give them a renewed sense of their worth.

*Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? Luke 12:24*



# Self-care

## Aspects of self-care

Self-care is a personal matter. Everyone's approach will be different. It relates to what you do at work and outside of work to look after your holistic wellbeing so that you can meet your personal and professional commitments. Below are some different aspects to self-care and example strategies that other people have found useful:

### Physical self-care

Activities that help you to stay fit and healthy, and with enough energy to get through your work and personal commitments.

- Develop a regular sleep routine.
- Aim for a healthy diet.
- Take lunch breaks – give yourself a break, go for a walk if you can.
- Take your dog for a walk after work.
- Get some exercise before/after work regularly.

### Psychological self-care

Activities that help you to feel clear-headed and able to intellectually engage with the professional challenges that are found in your work and personal life.

- Keep a reflective journal.
- Seek and engage with colleagues.
- Engage with a non-work hobby.
- Turn off your email and work phone outside of work hours.
- Make time for relaxation.
- Make time to engage with positive friends and family.

### Emotional self-care

Allowing yourself to safely experience your full range of emotions.

- Develop friendships that are supportive.
- Write three good things that you did each day.
- Do something you enjoy.
- Talk to your friend about how you are coping with work and life demands.

### Spiritual self-care

This involves having a sense of perspective beyond the day-to-day of life.

- Engage in reflective practices like meditation or prayer.
- Be in nature
- Focus on breathing, notice your surroundings, and bring mindfulness to this
- Reflect with a close friend for support.

## Relationship self-care

This is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people.

- Prioritise close relationships in your life e.g. with partners, family and children.
- Be present for special events of your family and friends.
- Arrive to work and leave on time every day.

For more information, including a self-care plan template – go to <https://schools.au.reachout.com/articles/developing-a-self-care-plan>



Lots of wonderful ideas, links and resources for self-care activities.  
<https://www.annafreud.org/on-my-mind/self-care/>



THE CHURCH  
OF ENGLAND

## Light a candle

By lighting a virtual candle, you are making space to pray.

You can light a candle online to pray for yourself, for a loved one or for a situation. Whatever is going on, make space to pray in your life.



<https://www.churchofengland.org/our-faith/light-candle>

*Take care everyone.*