

Edition 2:  
February 2022



YOU DON'T  
HAVE TO SMILE  
IF YOU DON'T  
WANT TO OR IF  
IT'S TOO HARD.



Welcome to edition 2, we hope you have had a calm and restful yet purposeful start to 2022.

I wanted to start by saying 'thank you' for all your contributions to the Sandwell audit. Without your thoughts and feedback we cannot move forward to be a stronger champion for mental health within our community. We will of course share our plans as a result of the outcome of our findings.

We have lots of tips, advice and support in this half term publication. The addition of Mrs Brewster's section on nutrition, stress relief tips, a course on how to take control of your own happiness, as well as links to the Young Minds blog.

Look out for the Emm Roy cartoons—they never fail to make us smile.

The Wellbeing Team

### Morning habits to start your day off right

- ✦ Stay off social media for a least 30 mins
- ✦ Drink a glass of water
- ✦ Have a moment of gratitude
- ✦ Meditate
- ✦ Exercise
- ✦ Set and affirm your goals for the day
- ✦ Get yourself ready and start your day

©ThePositivewallah

THIS IS YOUR REMINDER THAT  
YOU HAVE GOTTEN THROUGH  
EVERYTHING YOU THOUGHT YOU  
WEREN'T STRONG ENOUGH FOR.  
YOU'RE DOING BETTER THAN  
YOU THINK. KEEP GOING.

#ADDSOFTREMINDEX

### IF YOU'RE FEELING STRESSED...

- Don't underestimate how important it is to look after yourself
- Only you can look after you. It's up to you to manage how you're feeling
- Take time out. Do fun things and spend time in nature
- Stay calm and focused
- Exercise! Everyone always talks about exercise, but it's true: it's a great way to de-stress and feel happier
- Get good sleep. Try to have a routine and go to sleep and wake up at the same time each day
- It's not the amount of time you work for, it's about the quality of work you do during that time. So whether you're revising, applying for jobs, working or preparing for further study: balance it out and take a break!

- 
- ① you got this! this is where your hard work pays off.
- 
- ② sleep is just as important as studying
- 
- ③ take care of your mental & physical health
- 
- ④ do your best and keep worry and stress in check

Follow us on our new Well-Being instagram page @Swanmore\_Speaks for weekly tips on managing your exam stress, looking after your well-being, and different ways we look after ourselves.



YOU DON'T  
HAVE TO SOLVE  
EVERYTHING  
TODAY.

©Emm Roy



# Food and Wellbeing

## MIND: 12 Emotional Needs

Food and drink should be one of life's pleasures; beyond just eating to live, experiencing new tastes, the feeling of being nourished, and the sense of community which comes from eating and drinking with others. What need are you feeding?

- Don't chastise yourself for overeating and drinking as this serves no purpose, especially if you want to change to become healthier.
- Get motivated to make beneficial changes by staying focussed on how good we're going to feel – and making sure that we still enjoy our food.
- Pay attention to which need we are feeding. Are we rewarding ourselves with cakes and biscuits for getting through meetings at work or the end of the day? Are we staving off boredom or feelings of loneliness with sugary foods or a glass of wine? Many of us easily fall into the habit of meeting emotional needs in this way, and becoming aware of it is the first step towards making a change.

**Check-in with yourself.** Ask, do you fancy something sweet because you're missing companionship? Can you call a friend and enjoy a meal together? Do you need to make time to pick up a new challenge or get back into a hobby you've been ignoring? Ask yourself, what need am I feeding?



We'd like to welcome

Mrs Brewster

to the Wellbeing team. She is a teacher of food and textiles and is here to provide regular hints and tips on healthy food and drink to keep our minds balanced

For the first edition of food and wellbeing I thought we would start at the beginning:

### BREAKFAST

#### *Why is it important to have breakfast ?*

Breakfast helps get the day off to a good start by providing some of the energy and nutrients the body needs for good health.

Breakfast is a great opportunity to include one of your 5 a day.

Having breakfast can help to prevent snacking on less healthy foods.

Some studies show breakfast can help improve cognitive function and academic performance.

The Challenge – Have a healthy breakfast every-day and try and include one of your 5 a day.

**Get into the habit of eating a morning meal with these simple breakfasts, try one of these recipes you can prepare in advance:**



YOU HAVE A LOT OF  
HAPPY MOMENTS  
AHEAD TO LOOK  
FORWARD TO.



small  
bat



## Breakfast Muffins (makes 12)

### Ingredients

100g carrot, apple or pear  
255g self-raising flour  
2 x tsp baking powder  
100g white caster sugar  
2 x level tsp ginger, cinnamon or mixed spice  
1 egg  
240ml semi skimmed milk  
90ml vegetable oil



SOMETIMES YOU  
THINK YOU'RE  
DOING THINGS THE  
WRONG WAY, BUT  
YOU'RE REALLY  
JUST FINDING  
ANOTHER WAY TO  
DO THINGS.

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### Method

1. Preheat oven to 200°C or gas mark 6.
2. Line a 12 hole muffin tin with paper cases.
3. Prepare fruit or vegetables: Peel the carrot or wash the apple or pear but do not peel; Grate the carrot, apple or pear and put aside in a small bowl.
4. In a large bowl, sift together: flour and baking powder, add the sugar along with the ginger, cinnamon or mixed spice.
5. Crack the egg into a jug and whisk with a fork. Stir in milk and oil.
6. Pour all liquid ingredients into the dry mixture. Stir just until combined, scraping sides and bottom of the bowl as you stir. Mixing should take only about 30 seconds. The batter will be lumpy but no dry flour should be visible. Do not over stir.
7. Add the grated carrot, apple or pear. Mix gently.
8. Divide the mixture equally among the muffin cases.
9. Bake for 20 - 25 minutes.

## Overnight Oats (makes 2)

### Ingredients

8 x strawberries  
6 x peach slices (canned in juice, drained)  
40g porridge oats  
150g low fat natural yogurt  
50g sultanas

### Method

1. Hull and then slice the strawberries.
2. Chop the peaches.
3. With 2 cups Spoon ¼ of the oats into each cup.
4. Spoon ¼ of the yoghurt into each cup.
5. Put six slices of strawberry to one side
6. Divide the remaining strawberries into the cups
7. Share the rest of the oats into the cups
8. Divide the sultanas between the two cups.
9. Share the peaches between the two cups.
10. Divide the remaining yogurt between the cups.
11. Top the cups with the six slices of strawberry set aside earlier.
12. Cover the cups.
13. Place the cups in a fridge overnight.
14. The next day, stir the cups so the layers are mixed and enjoy!

YOU DON'T  
HAVE TO  
SMILE.



SMY  
ROY

## Ten keys to happier living



### GIVING



Do things for others

### RELATING



Connect with people

### EXERCISING



Take care of your body

### AWARENESS



Live life mindfully

### TRYING OUT



Keep learning new things

### DIRECTION



Have goals to look forward to

### RESILIENCE



Find ways to bounce back

### EMOTIONS



Look for what's good

### ACCEPTANCE



Be comfortable with who you are

### MEANING



Be part of something bigger

ACTION FOR HAPPINESS





## Action for Happiness Calendars

We hope these are a source for ideas for how to bring some positive moments into your day-to-day lives, this month it's, 'Do Good December', all centred around acts of kindness.

### Action for Happiness/February

### Happiness Chemicals and how to hack them



| DOPAMINE<br>THE REWARD CHEMICAL   | OXYTOCIN<br>THE LOVE HORMONE  |
|---|---|
| <ul style="list-style-type: none"><li>• Completing a task</li><li>• Doing self-care activities</li><li>• Eating food</li><li>• Celebrating little wins</li></ul>     | <ul style="list-style-type: none"><li>• Playing with a dog</li><li>• Playing with a baby</li><li>• Holding hand</li><li>• Hugging your family</li><li>• Give compliment</li></ul>  |
| SEROTONIN<br>THE MOOD STABILIZER  | ENDORPHIN<br>THE PAIN KILLER  |
| <ul style="list-style-type: none"><li>• Meditating</li><li>• Running</li><li>• Sun exposure</li><li>• Walk in nature</li><li>• Swimming</li><li>• Cycling</li></ul>  | <ul style="list-style-type: none"><li>• Laughter exercise</li><li>• Essential oils</li><li>• Watch a comedy</li><li>• Dark chocolate</li><li>• Exercising</li></ul>                |

'Action for Happiness are offering a **free** 10 day online coaching program which guides you through daily actions for happier living.'

[Follow this link for more details](#)

YOU'RE MAKING  
PROGRESS. YOU'VE  
ALREADY MADE A  
LOT OF PROGRESS.  
YOU'RE DOING GREAT  
AND YOU GOT THIS.



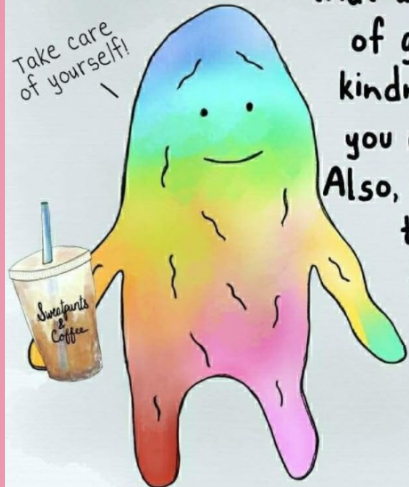
### Tips for Parents and Professionals

Sometimes when we are supporting our friends with their struggles, we too can take on a lot of stress. We need to remember that it's absolutely fine to not know what to say. Sometimes all it can take is for you to listen to them, reassure them and let them know their feelings are valid.

It's not all on you, there are plenty of expert advice networks you could share with your friend or even offer to go with them for support. Remember, by just being there for your friend, you are doing something amazing.

**Top Tip:** When supporting a friend with their mental health, listen, don't judge, reassure, check in regularly, and support with seeking further help. Take time out to look after your own mental health too, as supporting others can be stressful.

In anxious times, try to remember that we are capable of great love and kindness, and that you are not alone. Also, that you need to take breaks for self care. (And treats!)



Anxiety Blob

-Nanea Hoffman-

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February saw us acknowledge Children's mental health week by running numerous self care opportunities in school. Our aim is to encourage our students to put their mental health at the forefront of everything they do.

Check out the list on the left of this page!

Click on image for link to website

- Free Journals to Reflect
- Photobooths and tea and cake to connect
- Therapy dogs to calm our minds
- Mindfulness sessions—to calm, reflect and sooth
- Yoga to stretch and calm
- Flash-mob Dancing for a sense of community and getting us moving

Click on image for link to website



**PODCAST RECOMMENDATION**  
Meditation Minis is a brilliant podcast designed to help you feel better I no more than 10 minute slots. So those with busy lives and busy minds gives this a go.



**YOUNG MINDS**  
fighting for young people's mental health

Young Minds is a wonderful charity who support young people and their mental health.

### New on their blog this month

#### Dealing with eating disorder triggers:

When recovering from an eating problem, you may encounter triggers that catch you off-guard. Emily, 23 shares how she copes with eating disorder triggers.

#### The mental health benefits of a social media detox:

Social media can be a powerful way of connecting with others, but if you're consistently seeing things that make you feel sad, angry, anxious, stressed or bad about yourself, it can have a negative impact on your mental health. Two of our bloggers, Aglaia and Emily, share how taking time off from social media has helped them.

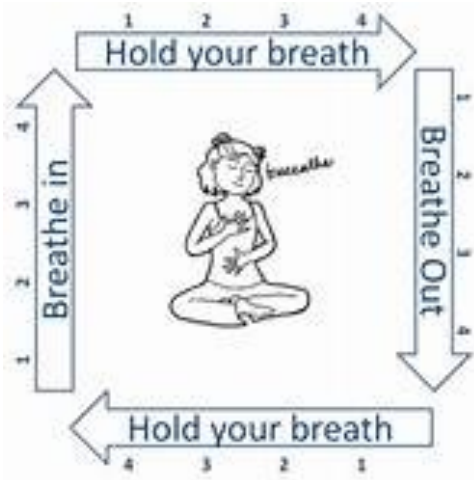
#### Dealing with social anxiety at work:

If you struggle with social anxiety, getting a job can feel really scary. Aimee, 17, shares how she's overcome challenges in her new job as a waitress.

TRAUMA IS TRAUMA  
NO MATTER  
WHAT YOUR  
STORY IS.



100%



BEING STRONG DOESN'T MEAN NOT HAVING FEELINGS. IT'S OKAY TO BE SAD, SCARED, SHY, LONELY AND EVEN ANGRY. IT'S OKAY TO WANT THINGS AND BE DISAPPOINTED WHEN YOU DON'T GET THOSE THINGS. IT'S OKAY TO MAKE MISTAKES AND FAIL. YOU DON'T HAVE TO BE PERFECT.



**SPRINGWATCH**—Getting out into nature is one of the best ways to improve mood, focus and concentration.

## Help Lines

**Anxiety UK:**  
support@anxietyuk.org.uk  
08444775774

**MIND:**  
info@mind.org.uk  
03001233393

**No Panic:**  
admin@nopanic.org.uk  
08449674848

**Nightline:**  
Nightline.ac.uk  
Samaritans:  
jo@samaritans.org  
**116123 (freephone)**

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

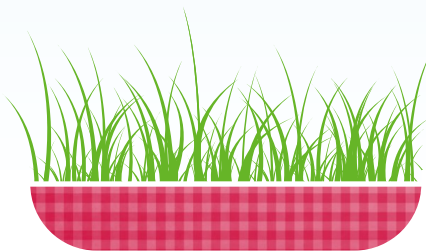


These small birds weigh in at just around 11g. Making them around half the size of a robin. Despite them breeding in the spring it is will start o prospect nesting sites as early as January (sometimes even December). So If you have any blue tits having a look at your nesting boxes at the moment they may be deciding to breed there.

## SHARE YOUR NATURE PHOTOS

This is a spring watch image—but if anyone gets out and about for an emotional fitness walk and takes some beautiful pics of the view around them we'd love to see them. We would like to post a '**At one with nature and our minds**' section in each edition—where we post your pictures and those of our staff, getting out and about in the air and with nature.

.Please email your nature pictures to [c.broxton@stowhigh.com](mailto:c.broxton@stowhigh.com)



IT'S OKAY TO BE AN ADULT AND NOT HAVE EVERYTHING FIGURED OUT.



# MENTAL HEALTH AT WORK

## TEACHERS TOOLKIT LINK



IT'S OK IF YOU DON'T WANT TO TALK ABOUT IT. SOMETIMES YOU JUST NEED SOMEONE TO BE WITH.

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“We want to see a sector that is free from mental health discrimination, guided by emotional intelligence, and characterised by supportive, nurturing cultures.” Teacher Toolkit



### *Ofsted's promises in relation to mental health*

- ⇒ They will ensure that inspectors take staff wellbeing into account in coming to their judgements.....
- ⇒ Review whether framework is having inadvertent impacts on staff wellbeing.
- ⇒ Continue to clarify that we do not expect providers to create documentation for inspections.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

