

MENTAL
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL
HEALTH

PSHE Bulletin

Maintaining Healthy Relationships

Welcome to your PSHE Bulletin, Monday 13th April, 2020.

Hi everyone. Did you know that research from the Open University found that, in ordinary times, couples spend an average of two and a half hours together each day? These days, with the lockdown to stop the spread of corona virus, we can be spending 15 or 16 hours a day together! That's a big change.

You might be feeling a lot of different and conflicting things; lack of privacy, boredom, isolation from friends, confusion with school work, concerns about money, worry about falling ill, happy to go to school,

While some people will be feeling closer to family, others might be feeling more stressed and finding it difficult to maintain good relationships. There is no normal way of feeling, but we can do things that might help us to cope better with whatever situation we are in.

Try one or two of these things if things start getting to you; schedule alone time in your household (your family members will probably need it as much as you) or be ok with asking for some space, practice yoga or mindfulness for a short time each day, count to 10 before you respond, be quick to apologise, come up with a signal that shows when people need some time out, before you go to sleep write down three things you're thankful for.

Remember that one of the Tallis Character traits is optimism. There is always a silver lining and while it may seem odd to talk about being positive in these times, the ability to stay positive is an important way of coping in difficult times.

We're all trying to work out how to be in this new situation so don't be afraid to ask for help. Be well. Stay healthy.

Useful Links and Contacts

Looking for the Positives - this article from the Guardian really covers it

<https://www.theguardian.com/lifeandstyle/2020/mar/17/silver-linings-how-to-stay-positive-during-the-coronavirus-crisis>

Yoga with Adriene - <https://www.youtube.com/watch?v=OeJoUIBhLkE&t=167s>

Mindfulness - <https://www.mindful.org/how-to-practice-mindfulness/>

Childline - www.childline.org.uk Phone: 0800 1111

Young Minds - www.youngminds.org.uk

Kooth - free, safe and anonymous online support for young people <https://www.kooth.com/>

Well-being resources on the school website - <https://www.thomastallisschool.com/schoolclosuresresources.html>



IT'S OKAY TO ASK FOR HELP

You don't have to fight
your battle alone.
Talk to someone.

TO GET HELP, VISIT THE
WEBSITES IDENTIFIED
ABOVE OR ASK YOUR
TUTOR FOR HELP.

