

Welcome to our first staff wellbeing newsletter!

This is the first edition of our termly newsletter which will be dedicated to the members of staff working across our schools. As a wellbeing service based in schools it is important that we acknowledge not only the pupil's wellbeing but also for you, the staff members who also may need support from time to time!

It's Mental Health Awareness Week! (15th-21st May)

The Mental Health Foundation theme for this year's mental health awareness week is 'Anxiety'.

Anxiety is a normal emotion in us all but sometimes it can get out of control and become a mental health problem (MHF, 2023). Lots of things can lead to anxiety, relationships, workload pressures or any big life events.

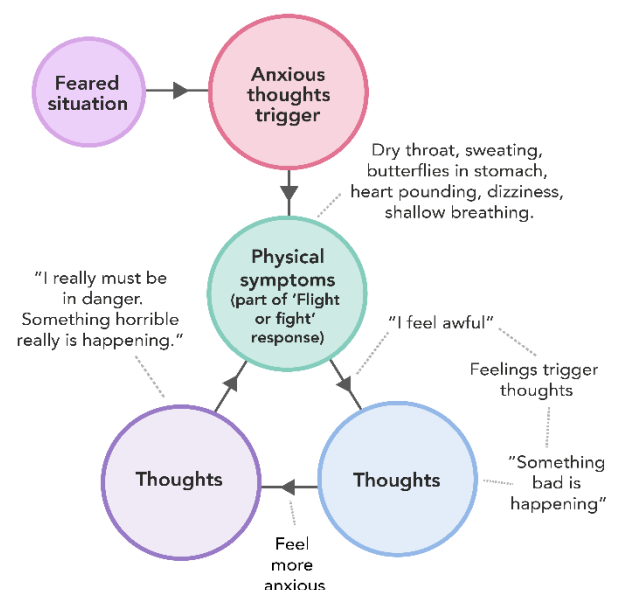


Signs and Symptoms of Anxiety.

- Restlessness or feeling tired.
- Difficulty falling asleep and then staying asleep.
- A sense of dread/fear.
- Feeling constantly "on edge".
- Difficulty concentrating.
- Irritability.
- Nausea and stomach aches.
- Muscle aches and tensions.
- Frequent headaches.

These symptoms may cause you to avoid social contact or activities. You may also find going to work stressful which may cause your work life balance to become difficult to manage.

The vicious cycle of anxiety (pictured) may help you to recognise a cycle you may be stuck in. It is important to recognise this and break the cycle!



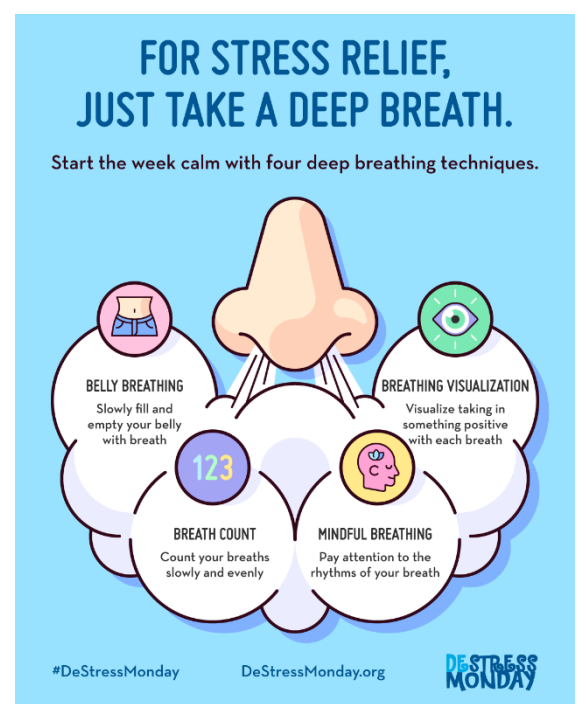
Managing our anxiety better can make us feel better!

- Self-care is really important! Getting the basics right, such as eating a balanced diet, staying hydrated, squeezing in some exercise will help to improve your anxiousness as well as your overall wellbeing. You can't pour from an empty cup!
- Talking to each other or anyone you trust! Your colleagues may have useful tips to help with anything you are anxious about if it is work-related. If not, talk to your family members, friends or anyone you feel comfortable with.
- Sleep is important when tackling the symptoms of anxiety such as restlessness, irritability and feeling tired. It's important to switch off before heading to bed. This means giving yourself a "wind down hour". No checking work emails right before bed and no squeezing in last minute lesson prep right before you go to sleep! Do something relaxing in this wind down hour such as a nice bath or shower, reading a book, having a hot drink (no caffeine!!), listening to calming music etc.
- Check out the 5 ways to wellbeing below... doing at least one of these a day is recommended towards helping manage our wellbeing!



Useful breathing and grounding techniques!

Breathing techniques and grounding techniques are useful when we are feeling anxious, and you feel it may be leading into panic. These techniques can help bring us back into our bodies and away from our anxious thoughts and feelings!



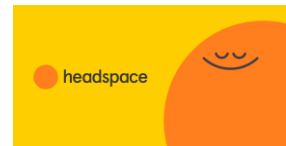
For further tips and support...

Websites

- Mental Health Foundation – www.mentalhealth.org.uk
- Education Support – www.educationsupport.org.uk
- Mind – www.mind.org.uk

Apps

- Headspace for Educators – a free app for teaching staff which is science backed app in mindfulness and meditation proving unique tools and resources to help reduce stress, build resilience, and aid better sleep.
- Unmind – a mental health platform that empowers staff to proactively improve their mental wellbeing.
- Calm – tackles everyday stress and anxiety. Self-care and sound sleep through meditation.



Thank you!

We hope you have enjoyed reading our first staff wellbeing newsletter, we welcome any feedback and suggested topics that you may find helpful in the future. We will see you with our second edition in October 2023!

