Mental Health and Well-Being

Week beginning 15th June 2020

Help and Support

If you are struggling with your feelings and emotions, take a look at the web link below – there are some activities and case studies that will help you with understanding and managing your thoughts and feelings.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>



Meditation and Relaxation

Make time to relax and do something you enjoy every day – reading a book, having a nap, go for a walk in the sunshine, lay out on the grass and watch the clouds go by! Reflect on your day and think of three positives.

Exercise and positive mental health go hand in hand. Keep your body active and hydrated – at least 20 minutes of exercise per day and make sure you are drinking lots of water, especially in the warmer weather.

Yoga - <https://www.youtube.com/user/CosmicKidsYoga>

Just Dance - <https://www.youtube.com/watch?v=9_gH2J7jxVE>

Well-Being and Mindfulness Calendar

Complete a mindfulness activity each day.

