

# Well-being Newsletter



Co-op Academy  
Priesthorpe

Friday 6th November

#ItsWhatWeDo

# Welcome...

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Thank you for another great week! We've supported students, families and each other.

This newsletter features important ways we can support our mental health and wellbeing during this uncertain time.

Look out for each other, check in with your colleagues, and ask yourself how you are coping...

# Financial Well-being

Furlough schemes, financial uncertainty and Christmas around the corner make this a vital time to check in on your financial wellbeing.

It's not uncommon to worry about finances. Completing a 'Money Health Check' can be used to highlight areas to focus on to achieve Financial Wellness, or give you an idea of where to start if you are struggling. Take the quick quiz [here!](#)

Taking control of your finances can help you to worry less and focus on the more important things in life. The first step is creating a budget, to get a snapshot of the money you have coming in and going out. These budget planners are a great way to start: [Money Advice Service](#) or [Money Saving Expert](#)

People with mental health problems are three and a half times as likely to be in debt. See more [here](#).

For free, confidential and non-judgemental debt advice visit the [Money Advice Service](#) website. [This document](#) is full of advice and information to help you or someone you know with the financial implications of struggling mentally.

Visit the [Money and Mental Health](#) website for more support.

## Some useful links...

- Have a ['Money Makeover'](#)
- [60+ ways to boost your income!](#)
- Visit the financial [well-being website](#) for podcasts, articles and more.
- When you find a useful discount code, voucher, or money saving tip, share it with others!
- Visit the [Christmas Money Planner](#) to create a budget for the festive season.
- Use this [Savings Calculator](#) to calculate how long it will take to save for a specific amount OR how much you need to save for a specific date.
- Coronavirus [financial tips](#) and [financial support and advice](#)
- Citizens Advice [Coronavirus support](#)
- National debt line [Coronavirus support](#)
- Comparing [Banks, fees and charges!](#)

If you are in a position to support families over the festive season, these local charities provide much needed help to those who need it.

[Trussell Trust](#) - Food banks with local centres in Leeds and Bradford  
[Ciaran Bingham Foundation Trust](#) - Supporting isolated elderly people in South Leeds  
[Christmas at Bradford Hospitals' Charity](#)  
[Radio Aire Mission Christmas for Kids](#)  
[St George's Crypt](#)

Don't forget, at Priesthorpe all our students can receive a free breakfast.



#ItsWhatWeDo

# Coping with lockdown

Learning lessons from the national lockdown in Spring means we are likely to know what we might struggle with or find difficult this time.

- Prioritise time for you - Self-care, mindfulness, quality time with loved ones, exercise, baking... do what brings you joy
- Set clear boundaries - Schedule in your 'you time' as if it was a meeting or appointment and make sure you give yourself enough time to switch off from the day.
- Create an open and supportive environment at work and at home - Talk about how you are feeling and allow others to help you when you need it. Don't discourage others from sharing their feelings, let them open up to you and be mindful that we all handle change and stress differently.

The biggest difference this time is likely to be the darker days and colder weather, which are also proven to affect our mental health and mood. Here are some tips for coping with the short winter days during lockdown:

- Invest in a daylight lamp which mimics the natural sunlight. If you think you might suffer from Seasonal Affective Disorder, speak to your GP.
- Replace our mood-energy boosts from socialising in the sun with another energy-boosting activity like exercise or a hobby like cooking. Perhaps it could be a time for reflection and doing more things like reading, relaxing, getting warm and cosy and recharging our batteries.
- Celebrate small wins! Even if that's just in your head, a hot chocolate after a walk outside, a read of a book or a moment of peace on the sofa - these are all small, worthy rewards.
- Keep connected - this might mean picking up the phone to someone instead of texting them, or checking in with a friend you haven't spoken to for a while. We have all learnt the importance of human connections for our mental health. [#ItsWhatWeDo](#)

# Managing stress and change

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Concentrating on what you do have control over, and altering these aspects of your life so that they serve you in a positive way can be helpful. Try to not become too absorbed in the factors you can't control...

- Normalisation is a powerful tool for helping to manage uncomfortable feelings about a new situation. Learning to self-soothe and telling yourself that this is understandable and manageable can be helpful. For example, this current wave of infections and restrictions is normal for a pandemic, they come in waves and the Autumn/Winter spike was predicted, so we are responding to it.
- Be grateful for the things you have right now by making a list and acknowledging them. When your mind drifts to stress or the unknown, remind yourself of what you have right now. Keep coming back to the present moment and find gratitude.
- Be helpful. It's hugely beneficial to our own mental health to reach out and offer support to others around us. It allows us to see the bigger picture and gives us purpose.
- Practice meditation, a few minutes a day of mindful breathing and headspace can help you manage your mind. Use the Headspace App or a free guided meditation clip on Youtube to get started.
- Spotify has a [Daily Wellness](#) playlist, with different music and wellness to guide you through each day.

# Where to get support

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Priesthorpe Staff should reach out to their line manager or HR to discuss any support they might need. All staff have access to the Bupa Employee Assistance Helpline.

Young people must speak up to anyone they trust, no one should suffer in silence and any staff member or adult will make sure they get the support they need.

Parents who are struggling should speak to a friend or family member, their GP, or reach out to these charities and organisations.

- If you need to talk right now..call Samaritans on 116 123 or text SHOUT to 85258
- You can also call your GP. See this [NHS page](#) or [The Heads Together Campaign](#) for more
- [Elefriends](#) is an online platform to confidentially listen, share and be heard, run by the Mind Charity.
- [What'sUp](#) is a free app that uses CBT techniques

THE ONLY  
WAY OUT  
IS THROUGH



"What's the best thing you've learned about storms?" asked the horse  
"That they make us kinder," said the boy "and that they end."

