

**SUPPORTING YOUR HEALTH AND WELLBEING**  
**INFORMATION AND SUPPORT FOR SCHOOL STAFF**

It remains important that you continue to ensure you *make time for you!* We hope you may find the following helpful 😊

Self compassion.org is a site offering free exercises and guided meditations to help you to be kind to yourself [www.self-compassion.org/category/exercises/](http://www.self-compassion.org/category/exercises/) while Tiny Buddha has 45 tips for small steps you can take to look after yourself: visit [www.tinybuddha.com](http://www.tinybuddha.com) and search '45 simple self care' [45 Simple Self-Care Practices for a Healthy Mind, Body & Soul \(tinybuddha.com\)](#)

The graphic is a green-themed poster for 'My Whole Self MOT'. At the top right is the hashtag #MyWholeSelf. The title 'My Whole Self MOT' is in large white letters, with a car icon for 'MOT'. Below the title is the text: 'There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.' The graphic is divided into several sections, each with an icon and a question:

- How's my mental health today?** (Brain icon): 'How do I feel today? Mentally? Physically?' with smile and frown face icons.
- My Stress Container** (Water container icon): 'How full is my container? Am I using helpful coping strategies? Are they working? Learn about your Stress Container here.'
- My mental health journey** (Steering wheel icon): 'Our mental health is part of the wider journey of our lives. Learn more.'
- Looking after my wellbeing** (ZZZ icon): 'How did I sleep last night? Am I eating a balanced diet and drinking enough water? For tips on supporting your mental health, especially when working from home, look at our guidance.'
- How's my thinking today?** (Thought cloud icon): 'How are my thoughts making me feel? Am I having unhelpful thoughts? Create Your Mind Plan with **Every Mind Matters** to get tips to help deal with stress and anxiety and boost your mood.'
- What can I do to look after my whole self?** (Heart icon): 'Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.'

At the bottom right is a stylized white logo consisting of two overlapping loops.



My-Whole-Self-MOT  
-check-in graphic.pdf

### HOW TO GET GOOD SLEEP

Poor or lack of sleep can affect your health and general wellbeing. Research has shown that the lack of sleep can affect our concentration and make us more irritable. It is important to ensure that you get rest - take some time to look through some tips from the NHS via this link and find ways to improve your sleep hygiene [How to get to sleep - NHS \(www.nhs.uk\)](http://www.nhs.uk) and [www.sleepstation.org.uk/articles/](http://www.sleepstation.org.uk/articles/)

There are numerous apps that help with mindfulness training and practice, relaxation and sleep. Two of the most popular which can be trialled for free are Calm, which includes sleep stories for helping you get off to sleep along with guided meditations and exercises, and Headspace, which has meditation courses tailored to all aspects of life and is free for a year for the unemployed

## NHS WELLBEING LINKS

The NHS has a number of websites to offer further advice and support as below

- how to **look after your wellbeing** has some tips to help you and your family manage wellbeing <https://www.nhs.uk/oneyou/every-mind-matters/>
- how to **support for yourself** or someone you are caring/living with via the attached link [www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)
- NHS **FREE** apps which are health based which are also helpful [www.nhs.uk/apps-library/filter/?categories=Healthy%20living,Mental%20health,NHS%20services&prices=Free](http://www.nhs.uk/apps-library/filter/?categories=Healthy%20living,Mental%20health,NHS%20services&prices=Free)
- Free NHS **Fitness Studio's** provide 24 instructor led online exercise videos across aerobics, strength & resistance, Pilates and Yoga [www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/)
- Mental Health wellbeing **Audio** guides to help boost your mood covering areas such as low mood, anxiety, sleep problems. You can listen to them privately and in your own time [www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides](http://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides)
- Measure your **health and wellbeing** and get tips on how to improve it [www.nhs.uk/oneyou/how-are-you-quiz/](http://www.nhs.uk/oneyou/how-are-you-quiz/)

## OUR FRONTLINE

Dedicated round-the-clock one-to-one support by call or text from trained volunteers, plus resources, tips and ideas to look after your mental health for school staff including FREE wellbeing guides. A dedicated support line is also available to assist with concerns and other resources and ideas to help you look after your health [www.mentalhealthatwork.org.uk/toolkit/ourfrontline-education/](http://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-education/)

## ITALK

ITALK support people to improve their mental wellbeing through education, guided self-help tools and evidence-based talking therapies. All of their treatments are available free of charge on the NHS for people aged 16 and over, who are registered with a GP with access 1 to 1 therapy, wellbeing video's, relaxation classes and much more. Find out more here - [www.italk.org.uk/our-services/](http://www.italk.org.uk/our-services/)

## CHARTERED COLLEGE OF TEACHERS - FREE messaging service to help teacher wellbeing

The college invites teachers to sign up to the FREE TeachTogether service, designed to help support teachers through this critical period. With a maximum of one text message per week with stories from other teachers, evidence-based advice, and links to optional activities - all helping to support your wellbeing [www.chartered.college/teachtogether](http://www.chartered.college/teachtogether)

## EDUCATION SUPPORT PARTNERSHIP

Provides support for both **teaching** and **support** staff with

- a **FREE** confidential helpline 24/7 with trained counsellors (BACP Accredited) - Helpline number **08000 562 561 day or night** Txt: **07909 341229 (answered within 24 hours)**
- support with finance and money worries

Further information is available via [www.educationsupport.org.uk/helping-you/coronavirus-supporting-education-staff](http://www.educationsupport.org.uk/helping-you/coronavirus-supporting-education-staff)

## DOMESTIC ABUSE SUPPORT

If you or someone you know needs support during this current health emergency key information and advice is available here [www.hants.gov.uk/socialcareandhealth/domesticabuse](http://www.hants.gov.uk/socialcareandhealth/domesticabuse)

## MENTAL HEALTH FOUNDATION

Provides lots of information and advice on looking after your mental health during the Coronavirus outbreak via their website [www.mentalhealth.org.uk/coronavirus](http://www.mentalhealth.org.uk/coronavirus) and support with finance and housing concerns.

## SOLENT MIND

Has developed toolkits that focus on how to manage staying at home and for families. It also operates an information line from Monday - Friday between 9.00am - 6.00pm (except Bank Holidays) more information can be found via the attached link

Mind Information Line 0300 123 3392

[www.solentmind.org.uk/news/coronavirus-and-your-wellbeing/](http://www.solentmind.org.uk/news/coronavirus-and-your-wellbeing/)

## ANXIETY UK

Provides support to individuals with anxiety disorders, phobias and conditions. Their resources include a helpline, toolkits and webinar's - more information can be found at [www.anxietyuk.org.uk/coronanxiety-support-resources/](http://www.anxietyuk.org.uk/coronanxiety-support-resources/) They also provide a helpline as follows:

Anxiety UK Helpline

03444 775774 operates 9.30 -10.00pm (10-8pm at weekends)

## CITIZENS ADVICE BUREAU

- can provide you with information should you need help and advice e.g. rent, bills etc

[www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/](http://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/)

[www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/](http://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/)

## ACTION FOR HAPPINESS

Offers actions to help us looking after ourselves and each other through monthly calendars which you may find helpful with daily tasks that may help you, your family and friends to cope with the current situation - you can find it at this link [www.actionforhappiness.org/coping-calendar](http://www.actionforhappiness.org/coping-calendar)

## FIVE WAYS TO WELLBEING

There is evidence to suggest that there are 5 steps you can take to improve your mental health and wellbeing and by trying and practising these things will help you feel more positive and able to get the most of out life - you can find out more about the 5 steps via the link below

[Five ways to wellbeing | Mind](#)

