



LEARNING AT HOME WELLBEING

MINDFULNESS MONDAY

- 1 Did you know that research conducted by Dr Martin Seligman on resilience proved that being grateful on a daily basis improved feelings of depression and anxiety?

This week we want you to name one thing you are grateful for at the start of each day.

WELLBEING WEDNESDAY

- 1 We can't always choose what happens to us at times, but we might be able to choose how we respond to it.

Take 5 mins to watch the clip below and see if there is one thing you could **CHOOSE to do differently in your life.**

[Matthew McConaughey | 5 Minutes for the NEXT 50 Years of Your LIFE](#)

FEELIN' FINE FRIDAY

- 1 Make lunch for your family with your family: **pizza in 4 easy steps**

SUPPORT



BE PRESENT WITH YOUR HEART....

This means **being present with your heart** and **not amplifying** the negative thoughts in your head.

Whilst you are in isolation, it's hard to forget to take each day as it comes and remember this is a moment in a time.

Your best support is actually **WITHIN YOU!**

So we want to remind you that you possess all the tools you need to get through each day and perhaps have a little fun along the way.

We want to encourage you to **appreciate** what is good in your life.

That **even boring and ordinary things** can be experienced as good if we are more fully aware of it and have a positive attitude towards what is in the moment.

When we give into our negative thoughts about being isolated or having our routine disrupted - **Ask yourself if this is helping me?** 10 out of 10 times the answer is no. So flip it - flip the thought and make it something more positive, fun, engaging or distracting.

Victor Frankel, a Holocaust survivor and author said that we have a choice in the attitude we choose on any given day. Read the quote below: Do you agree?

We can't choose what happens, but we might be able to **choose** how we **respond** to it.

What you are feeling right now is normal and valid considering the global circumstances we find ourselves in.

We who lived in concentration camps through the huts comforting others given away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

Viktor Frankl

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ENGAGE AND CONNECT

How you choose to handle this time emotionally is up to you. Stay open to those who love you. Let them support you when you are struggling. Have a laugh with them. Engage and connect with them. You have all you need within you and next to you.

So what can I do:

- All humans seek **love and belonging** - you can still have this just be creative in how
- You are hardwired for **connection** - how are you connecting to those you love and care for?
- When you **avoid** these things: The absence of these things leads to suffering. How can you resist self-sabotaging yourself?
- Be **engaged**, find emotional courage, and responses that are reflective of your values and who you are.
- Remember you are **resilient**: nothing is happening now that you can not handle.
- **Theodore Roosevelt** gave a famous speech about daring greatly in your everyday life. **How are you daring greatly today?**
- **Brene Brown** speaks of walking into life's arena with **courage** and a **willingness** to engage rather than sitting on the sidelines.

Are you sitting on the sidelines of your life at the moment?

What can you do to be resilient and tap into your inner strength?

- 1 Challenging your negative self talk**
It just a waste of your energy and makes you feel disconnected or not understood.
- 2 Challenge your fears**
Are your fears real? How could you soothe your fears?
- 3 Believing you are worthy of good things**
- 4 Being open to what the moment has to offer**

SUPPORT



HAVE COURAGE

- 5 Talk to yourself as if you were comforting someone you love that was having a meltdown
- 6 Have the **COURAGE** to be vulnerable
- 7 **Engage in positive relationships:** reach out to whoever is at home with you and talk with them, reach out to a friend
- 8 Think about what **self soothes** you when you are feeling down.
Listening to a meditation, playing music you love, drawing, talking, writing, exercising
- 9 **Monitor your emotions** - you can calm yourself down by acknowledging how you feel, accept that this is how it and how can you best deal with it for now
- 10 Understand you can **adapt** to what is happening right now
- 11 Maintain and nurture your **faith and hope** that things are and will improve
- 12 **Acceptance** that this how things are and see this as an opportunity - reframe it

Lastly, you are in charge of how you cope and deal with the situation. So be true to yourself and make choices that enhance your wellbeing not make it worse.

We know sometimes it's not so easy, so please refer to the [list of support services](#) we sent you and [Learning at Home Wellbeing SUPPORT Guide](#) if you feel like you are really stuck and need someone to speak with.

Also remember, at the College, we are here to support and speak with you - all you have to do is let us know. You can reach out to your Tutor Group Teacher, House Coordinator, one of your class teachers, Learning Support, and the College Counsellor.

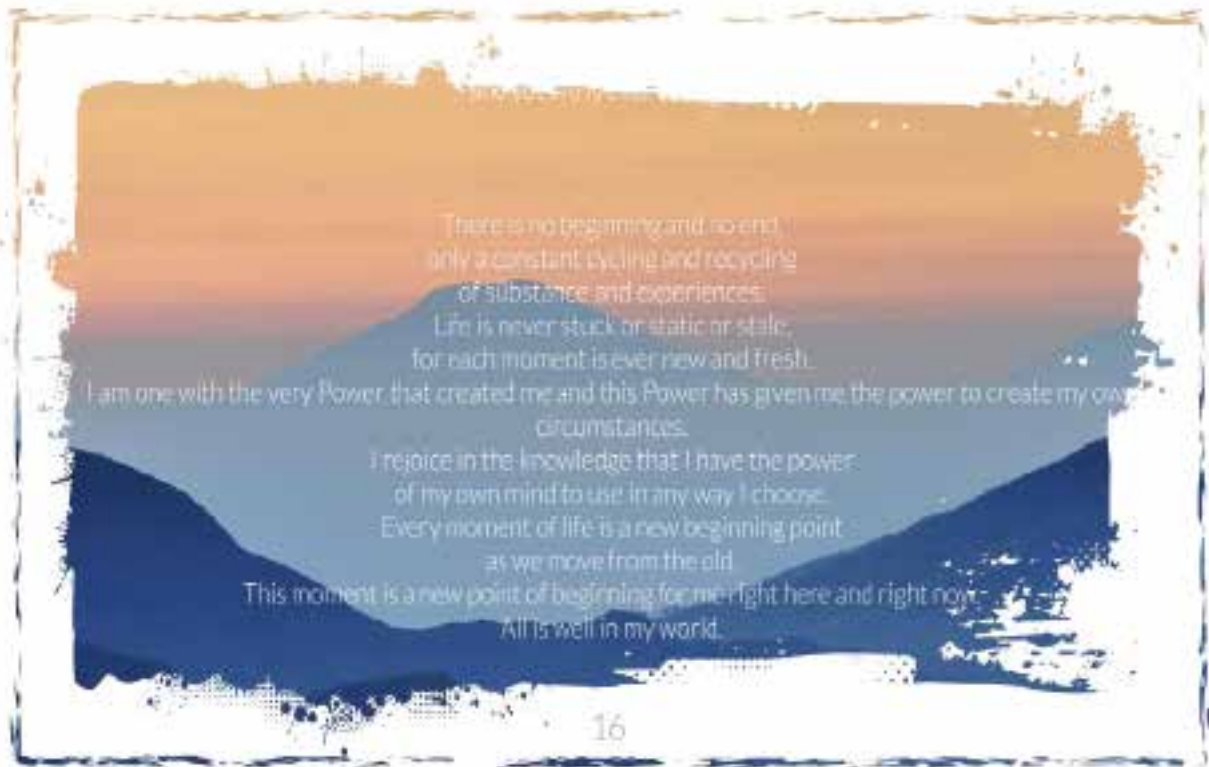
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MANTRA

Here is a mantra by Louise Hay to say first thing in the morning or before bed. If you say this regularly enough your brain, spirit, and mind feed off the positive affirmation and in turn will impact your mood and attitude.

Give it a go and see if it works ...



SUPPORT