



How to remain Happy during lock down from Mrs Wardle, Wellbeing at Cavendish School.

Following recent Government guidelines, I can imagine that some of you may be finding some of the advice slightly confusing and may struggle to navigate our 'new normal' safely and confidently. Life at the moment means that we can't control what is happening to us, but we can choose how we react. Right now many emotions are running strongly and it is difficult to understand everything going on around us. The fear we felt at first has subsided and now that we have lived through this crisis for a short while we realise that, we cope, we recover and we learn. Although these restrictions are like nothing we have experienced before, it is important that you try not to feel disheartened, but rather focus on the positives around you. Now more than ever we have to learn to be adaptable and make the most of what we have. Life is slower and we are more aware; We see clearly what is important and disregard anything that is irrelevant. Now we can focus on our strengths and surprise ourselves at just how well we can cope with what has been thrown our way using grace, courage and humour with people around us.

Here are a few helpful websites to help allay any concerns you may have;

[Public Health England have released an updated guide for supporting children and young people's wellbeing during Covid-19.](#)

[Time to Change is a Charity which supports Mental Health and have put together practical tips for supporting each other during Covid-19.](#)

[Mental Health Foundation has collaborated with Public Health England and The Department of Health and Social Care to put together a helpful guide for good Mental Health during Covid-19](#)

We still want to reinforce the need for our pupil's to remain focussed on a routine as similar to the school day as possible,

- Wake up at a similar time in the morning (similar to your normal waking time during term time)
- Get dressed, keep your personal hygiene good
- Take breaks just as you would at school
- Please remain proud of your academic accomplishments, take pride in the work you do and the effort it takes to complete it
- Keep in touch with friends and family in a safe way and always talk about concerns or worries you may have as this is very important to keep yourself emotionally healthy
- Remember that staff are available to support you as well. Email us on wellbeing@cavendish.e-sussex.sch.uk with any concerns or worries you may have.

Remaining Positive and happy

Take this time now to enjoy a slightly calmer and slower pace of life, notice how much quieter everything seems and how much more wildlife you can see and hear. While you are going about your daily activities take time to notice what you are doing and be present in your activities. This may be a good time to practice meditation. Try setting aside just 2 minutes to begin with, sit comfortably and focus on your breathing, try not to indulge your thoughts instead focus on your breathing and let the thoughts pass, if your mind does wander, just come back to your focus, it is fine to be distracted by thoughts, distraction is normal, don't worry about it, it happens to everyone. As it gets easier for you, you can increase your minutes, but do it gradually so that



you continue to enjoy your practice. If you are interested in trying meditation click [HERE](#) to watch a short video to help your progress.

It is good to try and stay informed, but try to limit the amount of news you watch or read. Avoid negative social media posts. The most important thing is to remain positive and maintain your own happiness.

Focus on positive links to make you smile and feel good, have a look at the following links;

[Five Happy Links, a weekly digest of good happy news to make you smile and feel good](#)

[Look at the excellent Positive News to lift your spirits](#)

[Try The Good News Network as well](#)

Make sure that you focus on something positive every day and do something you enjoy as well as other tasks set for you by school. Maintaining a healthy balance is vital for your continued happiness. Being aware of things unfolding around you is vital as well, try to take note of how people around you are feeling and try to pre-empt the emotional outbursts by focussing on your own feelings and managing your own emotional spikes. Take time to understand your feelings and find healthy ways to express them, your feelings are real and it is important to acknowledge them. If you would like some helpful tips on managing your wellbeing during Covid-19 click [HERE](#) to watch this video.

The 4 Key Steps to support young people through;

1. **Notice** – your own patterns and those of others.
What patterns do you notice?
Which are the same / different to people you know?
2. **Explore and Describe** – explore and describe your patterns, strengths and difficulties.
What? When? Where? Around who? How?
3. **Understand** and make sense of patterns.
What drives your responses?
Which of your needs are not being met? What skills aren't as strong yet?
4. **Feel in control** of patterns and develop self-efficacy.
What would you like to have happen?
What do you need to do now to make that happen?

MINDFULNESS



Mind Full, or Mindful?

