



How to look after your wellbeing



Nova Hreod Academy

The best in everyone™

Part of United Learning

We know that, as the school is closed, you could be finding life more difficult. Here's some advice to help you with what you can do every day to keep yourself feeling as well as possible.

Daily routine

- Get up at the usual time
- Eat breakfast
- Complete your schoolwork, following a timetable, just as if you were in school
- This means having breaktime and lunchtime as you normally would
- Keep to a normal bedtime routine.
- Avoid being tempted to go to bed later as you're at home more.



Diet

Eating a variety of healthy foods doesn't just give your body a boost; it also benefits your brain cells. Skipping meals will leave you hungry and unable to concentrate, so eat regularly and sensibly.

- Bread, pasta, cereals and potatoes – starchy carbohydrates which release energy slowly—keep you going for longer. Wholegrain bread and pasta are particularly beneficial if they're available.
- If you eat lots of sugary foods, fizzy drinks and stimulants such as coffee and tea, your blood sugar levels go up and down. This can make you irritable, anxious, dizzy and can also lead to poor concentration.
- Fruit & vegetables give you essential vitamins and minerals. Aim for at least five portions a day.
- Drink plenty of fluids. Dehydrated brains don't think clearly, and water is healthier than sweet, fizzy drinks.



Exercise

Everyone knows that exercise is good for your body, but did you know that it's important for your mental health too?

When you exercise, your body releases chemicals called 'endorphins' that help you feel happy and good about yourself.

Scientists have discovered that exercise makes your brain release chemicals that make you feel good. Scientific studies show that regular exercise is at least as effective as antidepressants for *moderate* depression.



You should aim to do at least 30 minutes of moderate exercise, five days a week.

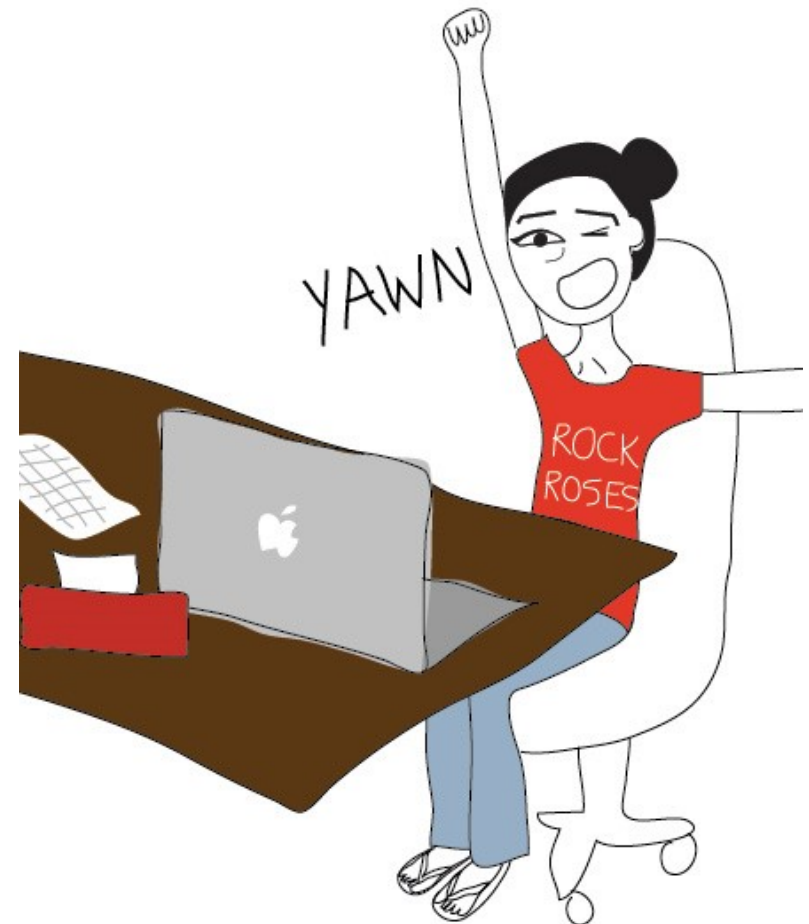
There are lots of ideas for workouts that don't require much space that you can do at home on YouTube.

Sleep

The sleeping teenagers' brain is working very hard indeed. Your brain does a lot of its important work while you are asleep.

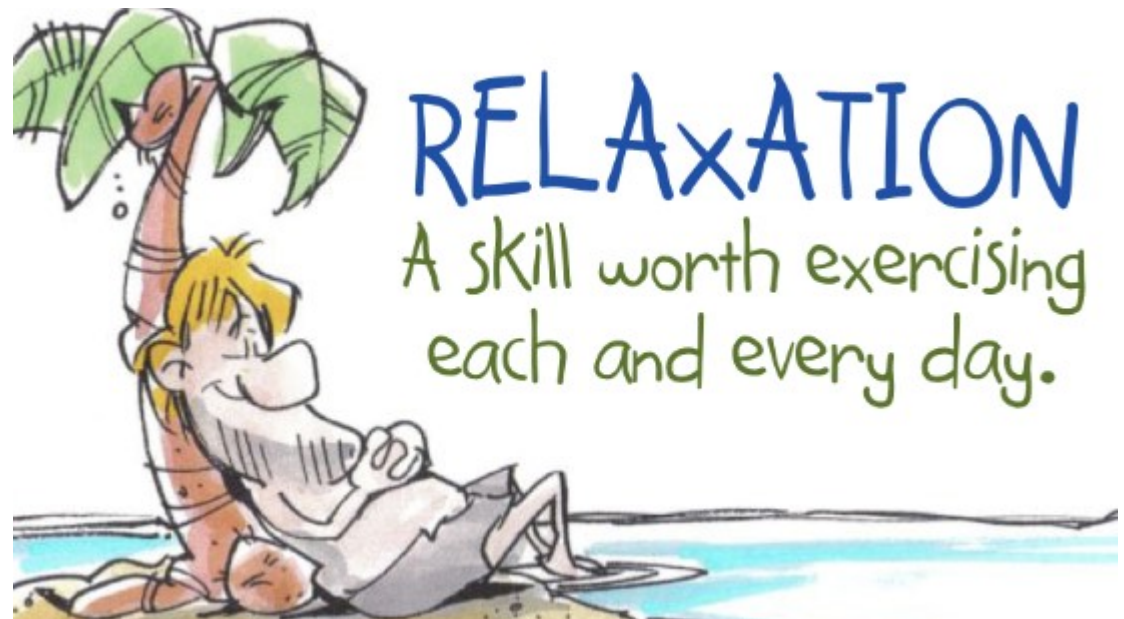
It is recommended that you have at least 9 hours sleep per night. Symptoms of lack of sleep include:

- Anxiety
- Depression
- Poor immunity
- Accidents
- Poor judgement
- Poor memory
- Slow reactions



A regular good night's sleep can reduce stress. Train your body and brain to think about sleep. For an hour before you go to bed follow these rules:

- **Avoid the internet, computer games.**
- **Leave mobile phones outside of your bedroom or, at the very least, turn them onto airplane mode.**
- **Avoid loud programmes on TV**
- **Avoid arguments**
- **Listen to calm music**
- **Read a book**
- **Gentle exercise, nothing too strenuous**
- **Take a warm bath**
- **Avoid caffeine, tea, coffee, coke ... Have a herbal tea**
- **Don't spend more than 15 mins trying to sleep. Read until you are sleepy. Your brain will learn that bed = sleep**



Social interaction

Keep social interaction going in a way by phoning or using apps to contact friends and family. Should you have any concerns about your wellbeing/mental health, the following websites and telephone numbers may be useful:

Kooth: <https://www.kooth.com/>

Young Minds - www.youngminds.co.uk

CAMHS Live - www.nhft.nhs.uk/camhslive

Childline – telephone free 08001111

National Self-harm Network - www.nshn.co.uk

Anna Freud Centre - www.annafreud.org/on-my-mind/youth-wellbeing/

Charlie Waller Trust: <https://www.cwmt.org.uk/>

