



Mental Health and Well-Being Support with Mr Doyle - Issue 5

Help, Support and Advice with our Mental Health during these challenging times. We are always here for you!



A Message from our Mental Health Guru - Mr Doyle!

"I hope this message finds you and your family safe and well. We have been in lockdown now since March 23rd 2020 and it has been a very challenging period for us all. Hopefully, these Mental Health and Well-Being resources have been of some support and help. Today's resource is very important indeed and looks at **connecting** with others. This is a key part of the [NHS five steps to Well-Being](#). Enjoy!"



Good relationships are important for your mental wellbeing. They can:

- ▶ help you to build a sense of belonging and self-worth
- ▶ give you an opportunity to share positive experiences
- ▶ provide emotional support and allow you to support others



Take a look at the links below. Some of these activities you'll be able to engage with now and the others, can be those activities we can all look forward to at the end of this pandemic.

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing#connect-for-mental-wellbeing>

YoungMinds has some very useful information for those younger children in the home, maybe with some support from a grown up:

<https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/>

Listening to others with [Headspace](#). By being present and truly listening to what someone is saying, we can better connect with them. In this exercise, you'll learn to realise when you're distracted and gently bring your attention back to the person speaking:

You could connect through FaceTime or Zoom - like the staff and Governors at our school have been! **It's a great way to stay connected!**

