



# St Margaret's Academy

## Health and Wellbeing

*Supporting parents/carers and learners*



### **Why is our Health and Wellbeing important?**

Our Health can be categorised into 4 key areas; Physical, Mental, Emotional and Social. We all have responsibility to look after our health and this resource will help you with fun and practical ways to do so.

**Our Wellbeing** is linked to our environments and how we feel in certain situations. We can look after our own wellbeing by adopting good habits and routines.

# PHYSICAL WELLBEING

How can we look after our physical health and wellbeing ?

Physical activity is an essential part of a healthy lifestyle. Linked to other positive lifestyle choices, it promotes good physical health and contributes to people's emotional and social wellbeing.



## Free Home Workouts:

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

<https://www.youtube.com/watch?v=v7AYKMP6rOE>



Just 20 minutes of exercise can improve your mood significantly for up to 12 hours!





# Sleep - The Facts!

Sleep and rest is also important to our physical health...Get a full night's rest whenever possible. While the amount of sleep each person needs varies, most people need 7-9 hours to feel fully rested.



- Stick to a schedule. Keeping sleep times similar from day to day can greatly improve your chances of getting a good night's sleep. Understand that lack of sleep can have a big impact.
- Avoid all-nighters. While you may feel like you want to watch your favourite shows all night. Not getting enough sleep can impair your ability to concentrate the next day and impact your mood.
- Create a bedtime routine. If you have trouble falling asleep at night you can help yourself by creating a routine that will let your mind and body know that bed time is approaching and that it should get into sleep mode.
- Avoid caffeine, eating and drinking right before bed. All of these activities can throw off your body's internal clock.
- Keep your room dark and quiet and cool. This will help trigger to your body that it's time for bed and help you get and stay asleep.
- Try using sleep stories to help you fall asleep if you are still having trouble.



## Sleep Stories:

<https://www.youtube.com/watch?v=5mGifCwig8I>

<https://www.youtube.com/watch?v=PXijMlvJns>

# Nutrition - Healthy Choices

- Eat breakfast. Start your day off right with a good meal when you get up. (Regardless of when you wake up!).
- Learn proper portion size. To avoid eating too much of even the healthiest foods, keep track of how much you're eating. For most people, meat servings should be about the size of a deck of cards and other servings vary by the type of food.
- Keep healthy snacks around. It's easy to eat healthy if you stock your room with fruits and other healthy snacks.



If you are struggling with food for yourself and the family please contact your local foodbank.  
<https://www.trusselltrust.org/what-we-do/how-foodbanks-work/>

If you need any advice about this please call or email your child's head of house!

## Budget Recipe Ideas:

<https://www.bbcgoodfood.com/recipes/collection/cheap-and-healthy>

<https://www.goodtoknow.co.uk/food/recipe-collections/cheap-family-meals-recipes-under-1-per-head-33813>



# WATER

Hydration is important to our physical health

- Drink water. Drinking enough water can help boost your concentration as well as keep you from overeating. Make sure to keep hydrated as you go through your day by bringing water with you.
- Limit sugary and caffeinated drinks. Try to eat fruit and veggies. Limit junk food.
- Drinking water regularly can keep headaches at bay
- Drinking enough water can help maintain healthy skin!
- Sipping water every 15 to 20 minutes keeps your throat moist and therefore does not allow for viruses to live there.



**Pure Water is the  
World's  
First and Foremost  
Medicine.**

*- Slovakian Proverb*

# Mental Health and Wellbeing



## Top Tips for Mental Health

Here are the top tips from MentalHealth.org to stay mentally healthy..

1. Eat healthily
2. Be aware of alcohol or nicotine overuse
3. Exercise
4. Take time out
5. Be mindful
6. Get some restful sleep
7. Don't be too hard on yourself



<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

<https://www.mind.org.uk/>

<https://www.mentalhealth.org.uk/>

Samaritans  
Confidential support for people  
experiencing feelings of distress or  
despair.

Phone: 116 123 (free 24-hour  
helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

# STRESS BUSTING

- Headspace | Meditation | Training the Monkey Mind (1 min)  
<https://www.youtube.com/watch?v=qxyVCjp48S4>
- “Headspace | Meditation | Brilliant things happen in calm minds” (1min)  
[https://www.youtube.com/watch?v=IACf40\\_eSt0](https://www.youtube.com/watch?v=IACf40_eSt0)
- Fall Asleep Fast: Deep Sleep Music, Meditation Music, Relaxing Music, Sleeping Music ★134 (Extended) [https://www.youtube.com/watch?v=FfdlpDnv\\_TQ](https://www.youtube.com/watch?v=FfdlpDnv_TQ)

ASK FOR HELP!

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**YOU ARE NOT  
ALONE**

[stmargaretsacademy@westlothian.org.uk](mailto:stmargaretsacademy@westlothian.org.uk)

# MANAGING CORONA VIRUS (COVID-19) ANXIETY

Read the top tips for managing your emotions and the emotions of kids during this time.

Also see advice for quarantine and isolation too. Please check the following links:

[HealthProtectionScotland.gov.uk](https://www.healthprotection.scot.nhs.uk/)

for reliable updates



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



# Helpful hints and tips if you are feeling overwhelmed:



How to look after emotional and mental health during an outbreak. Click the following link to find out more...

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

How to look after your health and the health of others during a pandemic. The following link has hints and tips for you.

<https://www.bbc.co.uk/news/health>

# Social Health and Wellbeing

<https://icould.com/buzz-quiz/>

Take the BuzzQuiz above and you can ask friends and family to complete it too.

- Find out what animal resembles your personality
- Identify your triggers
- Recognise how it looks, sounds and feels for yourself and others' personalities.
- Talk about and share your results with those around you.



# Limit Screen USAGE

Interact with people around you rather than stick to your screen. Take time to talk to those around you, put your phone on airplane mode and leave it in a different room.

The blue light emitted from your phone causes over stimulation of your brain and can take a toll on your emotions.

Allow your brain to switch off and concentrate on something other than a screen. Reading a book, completing a task or writing or drawing is a good alternative.





# My Skills

What can you help out with at home to work on your life skills?

1. Learn how to make your favourite meal
2. Help to clean the windows
3. Learn how to check the oil in the car
4. How to put the washing machine on
5. Help out in the garden or water the plants
6. Help your siblings with their school work

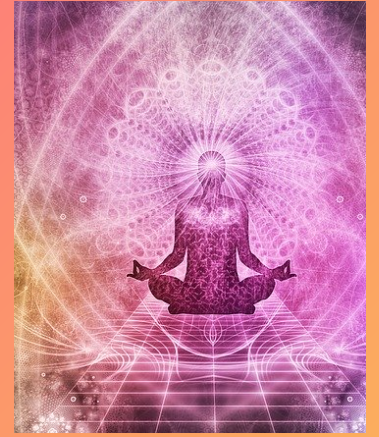


# For adults ... Watch the following video to identify: “What Causes Wellness.”

Watch the following clip led by the former Chief Medical Officer for Scotland to find out more...(one of the top Ted Talks available for wellness and health).

<https://www.youtube.com/watch?v=yEh3JG74C6s>

Or Search online : “What causes wellness | Sir Harry Burns | TEDxGlasgow”



Pupils, staff,  
parents and  
carers look  
after yourself  
and those  
around you.

Stay in touch  
and connect  
when you  
can.

We must all **BE READY**  
for #coronavirus

✓ Dab when  
you cough

✓ Dab when  
you sneeze

✓ Dab to beat  
#coronavirus



Learn more about #COVID19 & share  
with your loved ones: [www.who.int/COVID-19](http://www.who.int/COVID-19)





**Refuge**  
Advice on dealing with  
domestic violence.

**Phone: 0808 2000 247**  
(24-hour helpline)

**Website:**  
[www.refuge.org.uk](http://www.refuge.org.uk)

**Addiction (drugs,  
alcohol, gambling)**  
**Alcoholics Anonymous**  
**Phone: 0800 917 7650**  
(24-hour helpline)

**Website:**  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Bereavement**  
**Cruse Bereavement Care**  
  
**Phone: 0808 808 1677**  
(Monday to Friday, 9am  
to 5pm)

**Website:**  
[www.cruse.org.uk](http://www.cruse.org.uk)

**Abuse (child, sexual,  
domestic violence)**  
**NSPCC**  
Children's charity  
dedicated to ending  
child abuse and child  
cruelty.

**Phone: 0800 1111 for**  
**Childline for children**  
(24-hour helpline)

**0808 800 5000 for**  
**adults concerned about**  
**a child (24-hour**  
**helpline)**

**Website:**  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

**Anxiety UK**

**Phone: 03444 775 774**  
(Monday to Friday,  
9.30am to 5.30pm)

**Website:**  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Bipolar UK**  
A charity helping people  
living with manic  
depression or bipolar  
disorder.

**Website:**  
[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

**YoungMinds**  
Information on child and  
adolescent mental  
health. Services for  
parents and  
professionals.

**Phone: Parents' helpline**  
**0808 802 5544 (Monday**  
**to Friday, 9.30am to**  
**4pm)**

**Website:**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

# Useful Contacts: