

In order to prepare to join our college community, children (and adults) may find these wellness tips useful;

Connecting with others and Prayer: Talk with family, meet friends and share

- 1** Prayer is a personal thing but whatever form it takes – it works! The power of prayer has been long acknowledged; and the role of praying for yourself and others, and the positive effects that surround mental health and wellbeing are well explored.

Prayer calms our minds, so we can have a greater control over our actions. Prayer gives us time to reflect and stop, a time to ask God for the right way forward. Prayer can help to develop positive mental health, reducing anxiety and stress. While praying our mental peace increases.

Prayer provides us with an inner strength, an inner peace that helps when times are tough and inspiration when times are good.

Dear God, We are aware that September marks the start of a new school year. We are setting out on the journey ahead of us. This year, more than any before will be different. We ask for wisdom to see and to know what it is that we want to achieve – where it is that we are heading. We also ask you to help us towards making choices.

We trust that you will provide for us and help us – in our learning and in our friendships and relationships. Please help us to provide support to others this year who are also undertaking their own journey. Please give us strength, stamina and grace. Amen.

- 2** **Diet and exercise:** Diet and exercise are very important. Try to make a healthy choice for yourself every day, and the positive effects will add up. Here are some useful links:

Nutrition

<https://www.nutrition.org.uk/life-stages/teenagers/healthy-lifestyles-for-teenagers/>

Exercise

<https://www.nhs.uk/live-well/exercise/get-active-your-way/>

Mental Health

<https://www.annafreud.org/on-my-mind/self-care/>

- 3** **Know your limits** : Sometimes we can feel stressed or burnt out because we have too much going on. Set goals, set time limits and stick to them. Don't forget that it is really important to have a healthy balance of doing school work, helping at home and relaxing with a hobby or interest, perhaps reading for fun. A timetable is a great way of setting routines.

- 4** **Be kind:** Being able to show empathy and compassion towards others is good, but showing compassion to yourself is *great* too. Celebrating your achievements and using positive self-talk works wonders for confidence! Identify some positives at the end of each day and say 'well done, me'.

Sensory experience: Take a moment to breathe. Using the senses can be very relaxing. Take a moment to look around and notice any colours you can see, identify what you can feel by touch, and try to notice any sounds, smells, or tastes. Useful links ;

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<https://thewildnetwork.com/wild-time-idea/stop-and-listen/>