



Headstrong -

Week 3

2020/21

<https://www.youtube.com/watch?v=-53d5FPIOqE>





This is just
a difficult
Phase and it
Will pass

@nikkimiles_

It might not feel like it right now, but at some point, the current covid situation and all the uncertainty and extra measures in includes will pass, we just have to find ways to manage the current state.

<https://www.beheadstrong.uk/info/managing-uncertainty>

Watch Dr Kate (who is one of our school governors) who has some brilliant tips for managing in uncertain times.





TOP

TIPS

From Dr Kate to manage uncertainty

1. Don't try to fight it
2. Focus on something steady
3. Find something which is good and celebrate it - eat the ice cream, chocolate!
4. Restore order
5. Phone a friend

HEALTHY SCHOOLS

CHALLENGE:

This week there are different levels of challenge you can try:

1. Write down the 5 top tips from Dr Kate and try to implement at least 2 of these in your week.
2. Look at the <https://www.beheadstrong.uk/> website and watch some of Dr Kate's or other people's videos.
3. Talk to someone if you are struggling so that we can help you to manage the uncertainty.



YOU'RE DOING
REALLY WELL
GIVEN THE
CIRCUMSTANCES!