



Week 3 of
Headstrong from
home



HOW ARE
YOU TODAY?

—

@ STACIESWIFT

<https://youtu.be/RWfwOxE8U3c>





Cut down on Social Media & News channels

think... what do I have energy for today??

keep in touch with family & friends

LOOK AFTER YOUR MENTAL HEALTH

EXERCISE

Run Walk Yoga Aerobics

HAVE A ROUTINE

set little goals

LAUGH!

Camp out Dress Up

Make art

craft!

Play Games (all sorts)

USE THE TIME TO...

learn

Read

listen to podcasts

listen to & Make Music

get up & get dressed!

SING AND DANCE

Journal

COOK



HEALTHY SCHOOLS CHALLENGE:

Think about the content you are following online.

Find yourself positive things to see as thinking positively makes you feel positive!

Also see if you can spend a day (or even an evening) a week with your phone and social media away and live in the moment!

6 Reasons to Put Your Phone Away



by @Inner_Drive
www.innerdrive.co.uk



Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing leads to worse moods and increased anxiety.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.



5 MIN self care



Take some deep breaths



Drink a glass of water



Do some stretches



Spend 5 mins organising



Write down 3 things you are grateful for



Say affirmations aloud

It is absolutely okay to take time for self care.



you can't do things well if you don't feel well.

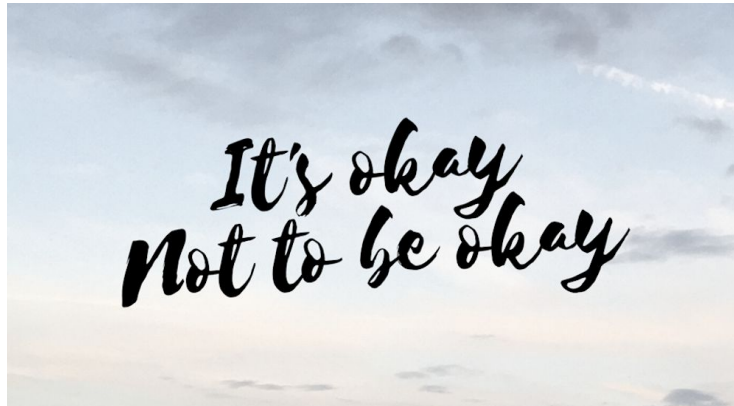
It is ok not to be ok!

If you are finding things tough, please talk to us at school still.

Contact your form tutor via their email or on your google classroom stream.

Email pastoral at pastoral@hgs.herts.sch.uk

Even though we aren't seeing you each day, we miss you and want to support you as best we can.



maybe we were ~~too~~ busy
maybe we were too stressed
The warnings were there
we needed to REST.

Things are uncertain, scary
and tough... It's made us all
APPRECIATE the tiny stuff.
We've never been through this
before, you're doing your BEST
...you DON'T need to do MORE!
Just take each day as it comes,
find what works for you from
NAPS to RUNS. We may be
stuck here for a little while,
but ADVENTURES are coming
and more reasons to SMILE.

-emily coxhead