



## **Wellbeing Wednesday**

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This week with a fabulous competition.....

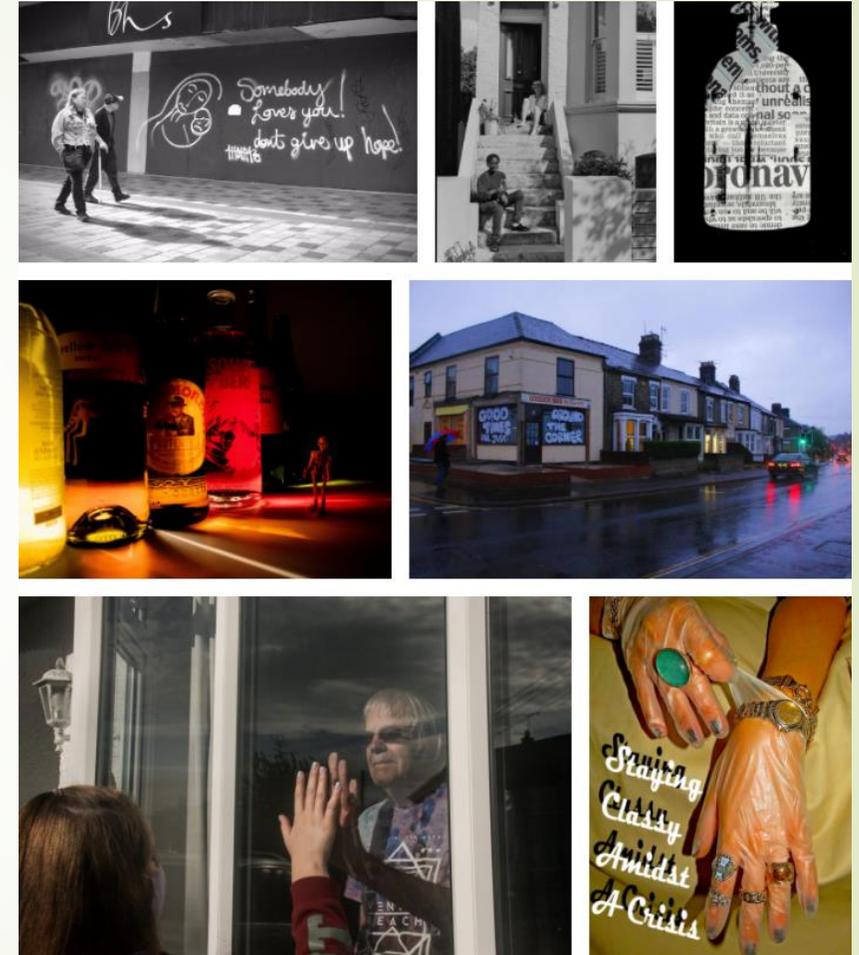
# SELF CARE



- ▶ Self care is so important...especially in the middle of a global pandemic. This week I challenge you to try and do something nice for YOU every day.
- ▶ Just taking the time to move around between lessons can improve your mood and also help you sleep. Staring at a screen all day makes your brain tired, but you need to move your body to help you fall asleep. Try getting outside and breathing in some fresh air when you can.
- ▶ There are some great videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media here : <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

# Positive news

- ▶ A photography competition challenged young people in the UK to capture life under lockdown. Here are some of the entries
- ▶ From living room 'beach holidays' to home workouts, the quiet eccentricities of life in lockdown have been documented by young people in the UK as part of a nationwide photography competition.
- ▶ [Lockdown: Taking a Positive View](#) was launched by Positive View, a charity that runs photography-based empowerment programmes for young people in some of the UK's most deprived neighbourhoods.



Some of the photos that caught the judges' eye.

Remember you have a school email address from where you can send an email.

# Competition Time

Taking inspiration from the photo contest, I think Holy Cross pupils can take better pictures, so I challenge you to show me.

Take a photo on the theme of "Lockdown". It can be a photo of anything you like – a beautiful view, your school work set up, the people who are getting you through, the pets you're spending more time with, the food that is making you smile (yes, mine would be chocolate!), or anything else that you can think of.

Give your photo a title and email your photo and title to [counsellor@holycross.lancs.sch.uk](mailto:counsellor@holycross.lancs.sch.uk) by February 12<sup>th</sup>.

You can use any kind of camera and if you don't have access to anything that can take a photo, feel free to send some artwork instead.

\* Photos received may be shared on the Holy Cross twitter feed and displayed in school.



## Useful Links for Support



[www.kooth.com](http://www.kooth.com)

Free anonymous counselling and emotional wellbeing service



<http://www.childline.org.uk>



Free 24/7 text service  
Text 85258.

[www.giveusashout.org](http://www.giveusashout.org)



Butterfly and Phoenix Project  
<https://www.butterflyandphoenix.org/>



HOPELINE UK  
Call : 0800 068 4141  
Text : 0778 620 9697



Remember you can always contact your teachers via Show My Homework.

You can email Morna, our Counsellor, if you need to talk to someone or for email support  
[counsellor@holycross.lancs.sch.uk](mailto:counsellor@holycross.lancs.sch.uk)

*Anything that's making you feel worried is worth talking about.*

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