

# Wellbeing Wednesday



HELPING YOU FIND PEACE IN THE MIDDLE OF THE WEEK



## Positive news

<https://www.bbc.co.uk/news/newsbeat-55646538>



Megan Kennedy and Thomas Cahoon planned a big wedding, but restrictions meant they had to reduce numbers.

Megan had the lovely idea to have her two nans - aged 80 and 90 - as bridesmaids instead.

Her Nans don't understand the excitement it has caused on Instagram. "They think the whole thing's crazy, but it's been such a nice boost for them," said Megan.

- ▶ Human beings like certainty. When things feel uncertain or when we don't generally feel safe, it's normal to feel stressed, and this reaction can cause all sorts of difficulties.
- ▶ If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, there are things you can do.
- ▶ This week, challenge yourself to stay in the present. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them.



"This storm is making me tired," said the boy  
"Storms get tired too," said the horse, "so hold on."

# MINDFULNESS

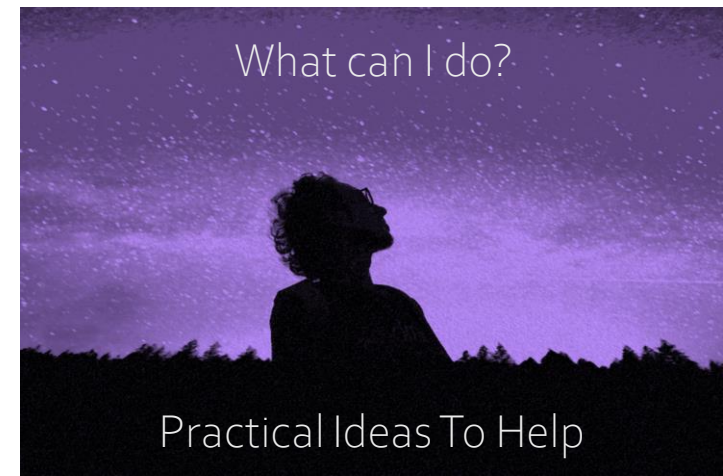
Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

Apps that help with mindfulness include:

Headspace, who are offering their service for free at the moment – <https://www.headspace.com/covid-19>

Calm, who offer a free week, sign up here – <https://www.calm.com/calmhealthweek>

DARE; an app to help manage anxiety – <https://dareresponse.com/dareresponse-app>





## 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.*