

Be Ready

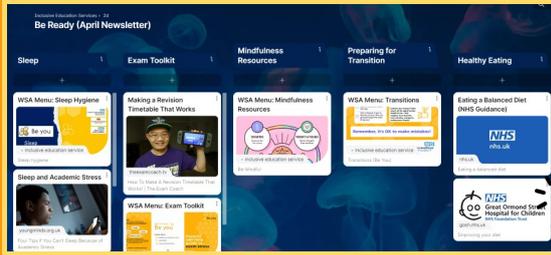


In this issue:

Exam Toolkit (Strategies to help with revision, organisation, time management)

How to promote mental health and wellbeing during exam season.

The importance of self-care



Be Ready Padlet

We have made a supporting padlet for our "Be Ready" newsletter, filled with additional information and resources. Click the picture to the left to access.

April is recognised as National Stress Awareness Month.



All of us will experience feelings stressed at some point in our lives. It's our body's normal reaction to perceived threat. A little bit of stress is actually good for our brains and development. But sometimes we can begin to feel a bit overwhelmed when stress becomes too much.

Can you spot the signs of stress?

Our wonderful Education Mental Health Practitioners and Assistant Educational Psychologists have produced some materials to support around exam stress. You can find them [HERE](#).

There is also a helpful leaflet that you may wish to share with parents, children and young people. Click the picture to the right.

Spot the signs

Common signs that your child is experiencing stress include:

- Headaches
- Low mood
- Disturbed sleep
- Being irritable
- Loss of appetite

Exam tool kit (strategies for revision, organisation and time management)

Helpful tips for students to consider:

Students could allocate 30 minute slots to study, and leave some time at the end of the day for rapid reviews and testing. This can be adapted based on how a student is feeling, if they are feeling motivated and have some momentum, they could continue for another 20-30 minutes!

Encourage students to decide which subjects they feel most and less confident about, this will help them to prioritise their study workload.

Encourage students to use imaginative ways to study. These could be mnemonics, songs, flashcards, listening to podcasts, or teaching others the content they know!

Remember that exam time is a very stressful period for students, and can be overwhelming for them. Remind them to take plenty of breaks and focus on self-care, encourage them to do things they enjoy and help them relax!

The Importance of Self-Care

Self-care is how we look after our mind and body in daily life. Self-care is very important to stay healthy in your body and mind in order to feel good.

Self-care involves 6 different aspects. This includes:

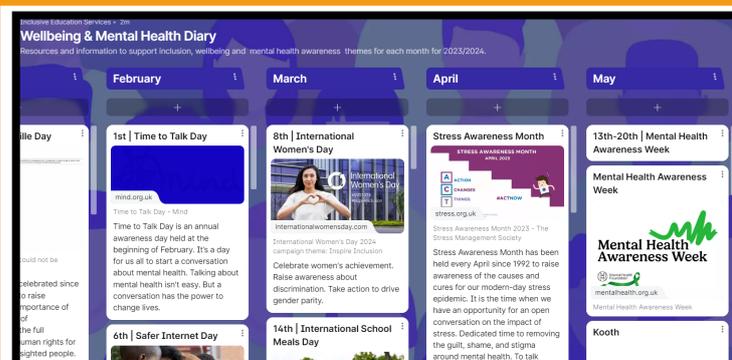
1. Personal—e.g. relaxing with your family and friends
2. Professional—e.g. taking time for lunch
3. Physical—e.g. prioritising physical health such as regular exercise.
4. Psychological—e.g. drawing or painting
5. Emotional—e.g. positive affirmations
6. Spiritual—e.g. singing and dancing



Some of the benefits of self-care include: reduced stress, increased resilience, increased empathy for others, increased self-esteem and increased ability to deal with changes and challenges.

		
<p>Relaxation Relaxation techniques Read more →</p>	<p>Healthy living and physical health Mindfulness Read more →</p>	<p>Hobbies and activities Photography Read more →</p>
		
<p>Relaxation Colour therapy</p>	<p>Talking learning Revision</p>	<p>Hobbies and activities Hope box/Happy box</p>

Find out more about self-care, tips and techniques by clicking the picture to the left.



Wellbeing and Mental Health Diary

You can find more useful information and resources in our wellbeing and mental health diary.

Click the picture to access.



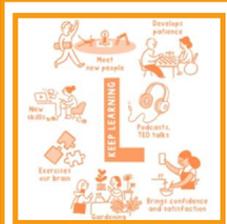
How to Promote Mental Health and Wellbeing During Exam Season

C.L.A.N.G.E.R.S

This is an evidence based approach that has been proven to improve mental health and wellbeing, it is a similar to the Five Ways to Wellbeing.



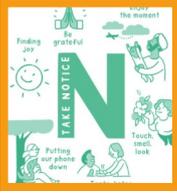
Connect: Exam season can be an isolating and stressful experience for children and young people. It is important to connect with others during this time as it can help them take a break from their studies and take their mind off the pressures of exams. Connecting with peers can also help them get through exam season and strengthen their



Learn: We are always learning new things. Learning can also have a positive impact on our self-esteem and can give children and young people a sense of achievement.



Active: There are many benefits to regular exercise for children and young people. It helps improve their physical health such as cardiovascular and respiratory health. Exercise helps to oxygenate the brain and alleviates stress and tension, this helps children and young people to keep calm, relax and study more effectively. Exercise also promotes the development of motor skills, builds strong bones and strength. Physical activity helps to reduce the level of stress hormones in the body and boosts endorphins in the brain which helps children to feel happier.



Notice

Exam season can be a stressful time for children and young people. Mindfulness and other breathing techniques can help them to stay calm and ground both physically and mentally, allowing them to focus better.

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. Be You have created a padlet of resources with mindful activities, mindful apps, interactive content and training opportunities.

Mindfulness can help to reduce feelings of anxiety and stress in children and young people. It is a skill that can improve memory, focus, and cognitive processing speed. Mindfulness has been found to help improve emotional regulation and to help you cope better in stressful situations [[mindfulness padlet link](#)].

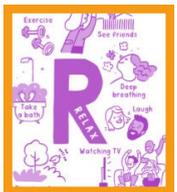


Give:

The act of giving is beneficial for mental health and wellbeing. Studies have shown that people who help others are more likely to rate themselves as happy.



Eat well – Having a healthy, well-balanced diet has numerous benefits for children and young people. These include promoting growth and development, providing children and young people with the energy to get through the day, and helping to improve concentration, mood and stress. For more information and recommendations for achieving a balanced diet see [The Eatwell Guide \(NHS\)](#).



Relax—Take time to rest your mind each day, to let it wind down and declutter. Our brains are programmed to autofill with negative thoughts as their natural state and are neuroplastic—so what we focus on is what grows. Fill your brain with what you need to be there, the more positive, the better, clear out the rubbish and ensure you have strategies to help deal with negative thoughts.



Sleep - sleep is important to children’s health, wellbeing, learning and development. Sleep can affect our mood. Lack of sleep can contribute to irritability, reduced concentration and general ability to cope with everyday life. Find our top tips for improving sleeping habits here [[sleep padlet link](#)]



Northumberland Psychological Services

@northumberlandpsychservices · 4 subscribers · 13 videos

A channel created by the Educational Psychology team in Northumberland. >

northumberlandeducation.co.uk/send-and-inclusion and 2 more links



You can watch more about CLANGERS via Northumberland Psychological Services [Youtube channel](#).



MARCH 2024



Hive Meeting



Hive Meetings are network meeting for all Senior Mental Health Leads in Northumberland

29.04.24

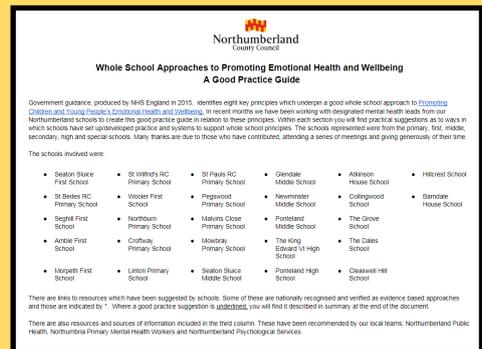
3:30-4:30



For our next Hive Meeting we will be joined by Northumberland Educational Psychologist Jill Sandeman. Jill will be telling us about some exciting developments in Northumberland around an Emotion Coaching training offer for schools.

To Sign up for Emotion Coaching training click [HERE](#)

We will also be facilitating a good-practice share looking at the 8 principles of a whole-school approach to mental health and wellbeing. We are looking to update our good practice guide using current examples of good practice in Northumberland schools. So come along ready to share!



Spotlight On...



The Be You team has recently introduced two Occupational Therapists into the service, Vivian Robinson and William Conway. They will be offering Occupational Therapy input to wave 1 and 3 trailblazer schools through the Be You initiative. This will include school consultations, training, and providing new resources on the Be You Padlet all aimed at promoting occupational engagement and improving the well-being of children and young people within school. The Be You Occupational Therapy offer will be open to all wave 1 and 3 trailblazer school commencing in September 2024.



Visit our website: www.beyounorthumberland.nhs.uk

NORTHUMBERLAND IS JOINING THE RELATIONAL REVOLUTION



WEDNESDAY

24TH APRIL 2024



9:00-4:00 pm



The Holiday Inn, Seaton Burn



We were overwhelmed with the response to last year's conference "Relationships Matter." So much so that we've decided we need to do it all again!

This time with Paul in person!

If you enjoyed last year, this is not to be missed!



WE CAN'T WAIT TO SEE YOU ALL THERE!

PLEASE FIND AGENDA ATTACHED IN THIS EMAIL

MEET AND GREET WITH PAUL FROM 8:30