



# Darell Primary School

## Wellbeing Newsletter July 2023



### Summer Holiday Wellbeing Tips:

Summer can be a bit disorientating or overwhelming, as weeks without routine or purpose stretch out ahead. So we've got five top tips to help you boost your summer holiday wellbeing.



- **Make a new Routine** - Lots of people find that routines make it easier for them to take care of themselves. Every day, we do things like brushing our teeth, eating, relaxing, and connecting with others. When these things are part of an established routine, it often seems like they take less effort and energy. Without a routine, taking care of yourself can quickly feel overwhelming!
- **Set some goals** - Over the summer holidays, you can set your own goals. What interests you? Goals don't have to be complex – it could be as simple as exploring your local area with a friend, learning a new recipe, or tidying your room so you have a calm space to work next academic year. You could even make a 'summer bucket list' that you'd like to aim to complete before September.
- **Make the most of opportunities locally or online** - You can google 'summer holiday activities for young people in the area to see what's going on.
- **Be aware of social media** - Don't fall into a social media sinkhole this summer. You might want to post some of your summer highlights so you can look back on your favourite memories or use social media to find out about cool opportunities in your area – but try to be aware of how much you're using social media and how it's making you feel.
- **Coping with worries** - Some people find that having more free time over the summer holiday makes it harder to manage worries and spiralling thoughts. You might feel unsure about events over summer (like holidays or meeting up with friends) or even about going back to school in September.



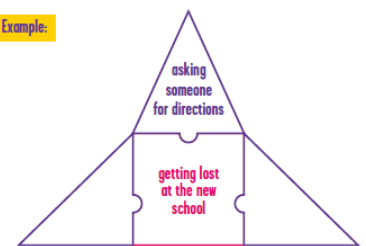
**IF YOU SEE SOMEONE WITHOUT A SMILE TODAY, GIVE 'EM YOURS.**

### Wellbeing activity: Coping with worries during transition

Sometimes when we feel sad or worried, it can be hard to think of ways to make ourselves feel better. Having a strategy or a plan can help us to feel more in control of a situation, and gives us a way to cope with the feelings that may come along with it. Here is an activity you can try:

1. Write down all your worries that you are feeling about the transition. Then pick one of these worries to think about.
2. Write this worry inside of a puzzle piece. (like in the example below.)
3. Then think of a possible strategy or solution that would help you to manage this worry, and write this in a puzzle piece labelled strategy 1.
4. Repete this on two other puzzle pieces, thinking of 2 other solutions/strategies for your worry.
5. Continue this with your other worries to visualise the solutions/strategies you come up with.

Example:



**Jump Back Up July 2023**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Take a small step to help overcome a problem or worry	2. Adopt a growth mindset. Change "I can't" into "I can't...yet"	3. Be willing to ask for help when you need it	4. Find something to look forward to today	5. Get the basics right: eat well, exercise and go to bed on time	6. Pause, breathe and feel your feet firmly on the ground	7. Shift your mood by doing something you really enjoy
8. Avoid saying "must" or "should" to yourself today	9. Put a problem in perspective by seeing the bigger picture	10. Reach out to someone you trust and share your feelings with them	11. Look for something positive in a difficult situation	12. Write your worries down and save them for a specific "worry time"	13. Challenge negative thoughts. Find an alternative interpretation	14. Get outside and move to help clear your head
15. Set yourself an achievable goal and take the first step	16. Find fun ways to distract yourself from unhelpful thoughts	17. Use one of your strengths to overcome a challenge today	18. Let go of the small stuff and focus on the things that matter	19. If you can't change it, change the way you think about it	20. When things go wrong, pause and be kind to yourself	21. Identify what helped you get through a tough time in your life
22. Find 3 things you feel hopeful about and write them down	23. Remember that all feelings and situations pass in time	24. Choose to see something good about what has gone wrong	25. Notice when you are feeling judgmental and be kind instead	26. Catch yourself over-reacting and take a deep breath	27. Write down 3 things you're grateful for (even if today was hard)	28. Think about what you can learn from a recent problem
29. Be a realistic optimist. Focus on what could go right	30. Reach out to a friend, family member or colleague for support	31. Remember we all struggle at times - it's part of being human				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**