

Wellbeing Newsletter

Created by the AGGS Wellbeing Ambassadors



Gratitude Journalling

By now, we've heard all there is to know about the importance of 'establishing a routine' during quarantine, with advice coming from every angle in the media.

As wellbeing ambassadors, we know that pressurising ourselves too much to make 'productive' timetables can actually be quite draining and damaging to how we feel - we all know those rubbish regretful feelings you can have if you don't perfectly stick to your timetable! During this difficult time, you are not expected to be your 'most productive', or in some way, to come out of quarantine a 'changed person'. This is not the time to make drastic changes to your lifestyle, but rather to slow down, spend time with family and find things to do that make you feel happier and calmer. So instead of a jam-packed, unrealistic timetable, here's a simple template that will allow you to keep structure and flexibility in your days!

We recommended coming up with this daily plan before bedtime or first thing in the morning, maybe even outside in this lovely weather!

You Will Need



A notebook or some paper!



Some pencil crayons or pens...



Some highlighters or felt-tips...



A black pen or pencil to write with!

1

DAILY HIGHLIGHT (H)

This is the one thing you are going to do today that makes you feel good, something achievable and you feel proud of doing!

For example; doing 10 minutes of yoga, helping parents with chores, gardening, completing the work set from a lesson, etc...

2

GRATEFUL FOR (G)

A chance to note down something that you are **grateful** for - this can be absolutely anything - e.g. the weather, any key workers in your life, the ability to FaceTime your friends!

3

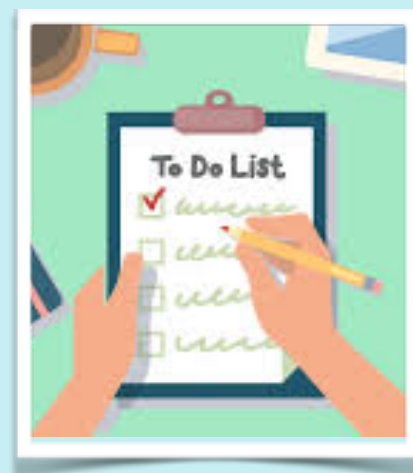
LET GO OF (L)

This is where you can focus on letting go of one worry or fear a day. We often don't have the time to manage stresses and things that are bothering us or making us upset - they may seem like problems too big to solve all in one go.

During this time, we can focus on a small thing to let go of each day, making us feel just a little calmer and happier :).

THEN... MAKE A 'TO DO' LIST

Then you can make a **to-do list** of everything you are thinking about doing today. Include really small tasks as well as ones which will be something you do over many days, weeks or even months! It really doesn't matter if you don't complete or feel like doing everything on your list, this is just a place where you can write down anything that is playing on your mind or that you want to get done at some point. You'll also feel great when you tick something off, even if it is making your bed or watching an episode of your favourite Netflix series!

**Exercise & maintaining a healthy lifestyle**

It is important to maintain a healthy lifestyle during quarantine. At home, it is understandable that you may not have the equipment or the best of facilities like your local gym to exercise, but it is still important to do basic exercises to keep fit and healthy.

Here are some tips for doing exercises during your time in quarantine:

ONLINE EXERCISE...

There are many online exercises that you can do at home without any equipment! Many of these are free and can be found on YouTube. It is important to note that if you find any of these too strenuous or difficult you should be cautious and aware of your own limitations. Moreover, you can facetime your friends and do it together! 😊 Here are some of the Youtube channels that feature a variety of free workouts.

POPSUGAR Fitness - YouTube [www.youtube.com › channel](https://www.youtube.com/channel/MadFit) · MadFit - YouTube [www.youtube.com › channel](https://www.youtube.com/channel/LIVELOVEPARTY.TV) · LIVELOVEPARTY.TV - YouTube [www.youtube.com › user › livelovepartyTV](https://www.youtube.com/user/livelovepartyTV) · The Body Coach TV - YouTube [www.youtube.com › channel](https://www.youtube.com/channel/)



DANCING...

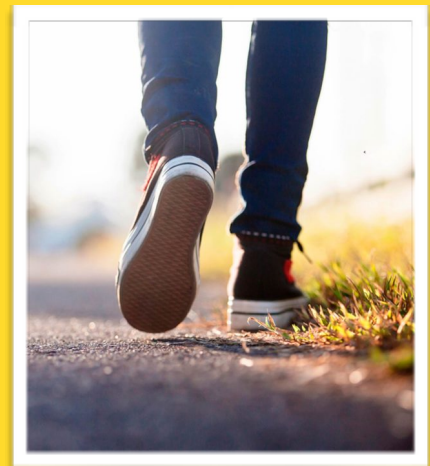
If you like dancing, then there are many zumba/dance fitness workouts online that you can do! If you have an Xbox or a Nintendo at home, you can play some games that involve movement and also you can Justdance to your favourite songs! Even if you don't have an Xbox, there are plenty of Justdance videos on Youtube that you can dance to. Just remember to not get distracted!

WALKING...

Walking - with the nice weather outside there is nothing better than a morning walk in the golden sunshine!

Even 30 minutes of walking can be beneficial for your health and relieve stress.

You can also do some little walking exercises at home in small spaces or walk around the house and on the spot which can still help you to remain active. However, remember to stay at least a 2 meter distance from other people if you decide to take a walk outside.



Thinking Positively in Lockdown

Many people often say how meditation requires too much time and effort during school days and term time, it is often pushed aside and never used until we need it. Now, considering we have more time than ever, sparing 10-15 minutes daily is much more manageable, achievable and more important than ever. During this difficult and confusing time, it is so important to slow down, reflect and understand our emotions to help us manage our heightened anxiety and worries.

Here are some tips and advice to get you started:

1

START OFF SLOW

Start off slow. I recommend trying short, beginner sessions which can help you adjust and adapt to meditation, reflecting and thinking positively. Don't be too hard on yourself if you can't concentrate the whole time and don't worry if you're doing it wrong, you will improve with time!

2

MINDFULNESS

Start your day with mindfulness. This can help motivate and allow you to view each day as a new possibility. If you are struggling to get out of bed in the morning and be productive, this can be really beneficial to get you started and even tick off a simple task, like reading 10 pages of a book.

3

ONLINE SESSIONS

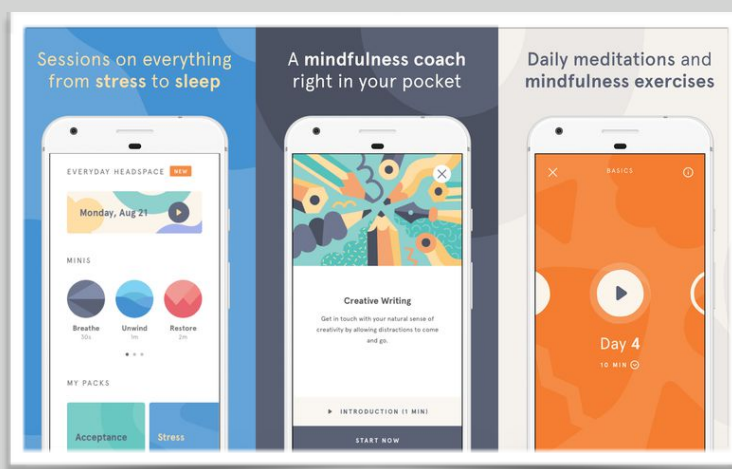
Find specific sessions for how you are feeling. There are thousands of guided meditations online and many apps have catered sessions which fit how you're feeling or how you want to feel. On some apps, there are even dedicated sessions to help reduce anxiety around coronavirus and lockdown!

TRY USING AN APP . . .

Mobile Apps such as Headspace, Calm, Breethe and Insight Timer all offer free relaxing and inspiring guided meditations and are definitely a great place to start.

The habit and routine of daily meditation can be implemented into your life outside of lockdown and this a great time to start practising mindful thinking and reflection.

Have a go and see how you feel! :)



wellbeing
ambassadors

There is also more information on the school website -

www.aggs.trafford.sch.uk/life-at-school/wellbeing/