



MENTAL HEALTH & WELLBEING

Staff Health and Wellbeing – Why it is important

- Addressing the wellbeing of staff is a vital step to addressing the wellbeing of pupils because engaged, cared for staff are better able to care for pupils
- How staff feel on a daily basis is likely to affect their performance in turn the performance of children
- Good staff wellbeing is essential for cultivating a mentally healthy school, for retaining and motivating staff and for promoting pupil wellbeing and attainment.
- We want staff to feel increasingly valued, open about their health and well-being and know how to access support should they need it.

Mental Health – Five a day



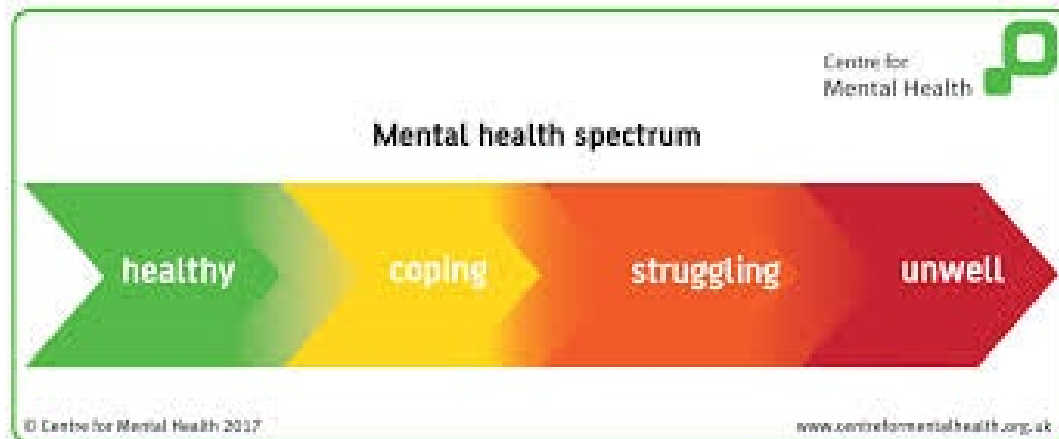
Physical Health – Five a day



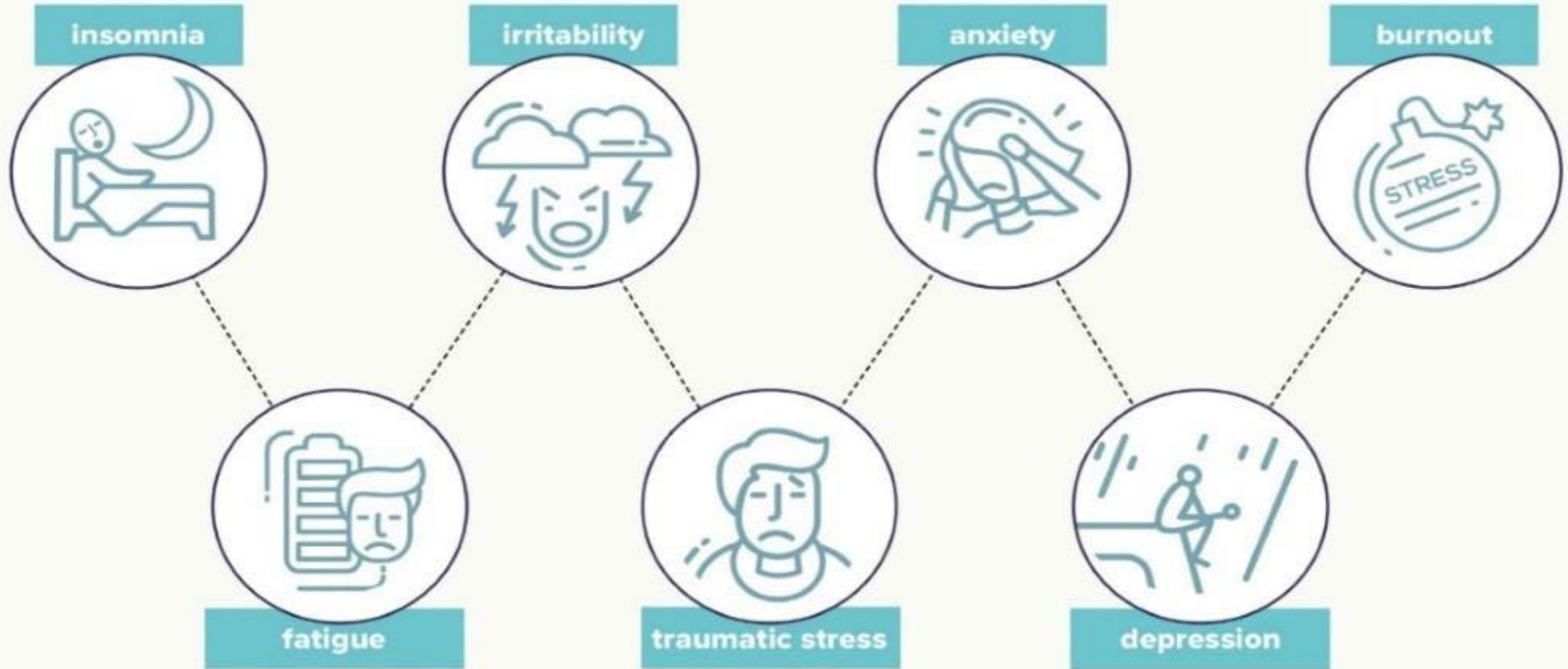
Wellbeing

- Wellbeing includes physical and emotional
- When we have good levels of wellbeing, we feel life is in balance and that we can generally cope well. We feel motivated and engaged, we're resilient and able to deal effectively with daily troubles, as well as 'bounce back' from life's challenges.

- Spectrum



Extreme stress can result in



We all have a **limited capacity** - stresses at home make it harder to manage stresses at work, and vice versa.

Five Ways to Wellbeing



1. CONNECT...

WITH THE PEOPLE AROUND YOU. WITH FAMILY, FRIENDS, COLLEAGUES AND NEIGHBOURS. AT HOME, WORK, SCHOOL OR IN YOUR LOCAL COMMUNITY. THINK OF THESE AS THE CORNERSTONES OF YOUR LIFE AND INVEST TIME IN DEVELOPING THEM. BUILDING THESE CONNECTIONS WILL SUPPORT AND ENRICH YOU EVERY DAY.



2. BE ACTIVE...

GO FOR A WALK OR RUN. STEP OUTSIDE. CYCLE. PLAY A GAME. GARDEN. DANCE. EXERCISING MAKES YOU FEEL GOOD. MOST IMPORTANTLY, DISCOVER A PHYSICAL ACTIVITY YOU ENJOY AND THAT SUITS YOUR LEVEL OF MOBILITY AND FITNESS.



3. TAKE NOTICE...

BE CURIOUS. CATCH SIGHT OF THE BEAUTIFUL. REMARK ON THE UNUSUAL. NOTICE THE CHANGING SEASONS. SAVOUR THE MOMENT, WHETHER YOU ARE WALKING TO WORK, EATING LUNCH OR TALKING TO FRIENDS. BE AWARE OF THE WORLD AROUND YOU AND WHAT YOU ARE FEELING. REFLECTING ON YOUR EXPERIENCES WILL HELP YOU APPRECIATE WHAT MATTERS TO YOU.



4. KEEP LEARNING... TRY SOMETHING NEW. REDISCOVER AN OLD INTEREST. SIGN UP FOR THAT COURSE. TAKE ON A DIFFERENT RESPONSIBILITY AT WORK. FIX A BIKE. LEARN TO PLAY AN INSTRUMENT OR HOW TO COOK YOUR FAVOURITE FOOD. SET A CHALLENGE YOU WILL ENJOY ACHIEVING. LEARNING NEW THINGS WILL MAKE YOU MORE CONFIDENT AS WELL AS BEING FUN.



5. GIVE... DO SOMETHING NICE FOR A FRIEND, OR A STRANGER. THANK SOMEONE. SMILE. VOLUNTEER YOUR TIME. JOIN A COMMUNITY GROUP. LOOK OUT, AS WELL AS IN. SEEING YOURSELF, AND YOUR HAPPINESS, LINKED TO THE WIDER COMMUNITY CAN BE INCREDIBLY REWARDING AND CREATES CONNECTIONS WITH THE PEOPLE AROUND YOU.

We are responsible for our own wellbeing

- Difficult truth but cornerstone of well-being
- We are all in the same boat. We all experience the ups and downs, no-one escapes it!
- Be aware of our impact on others
- Focus on what we can change
- Practice liking and loving yourself
- Try to be open and speak up (at school or with family and friends), only then can change happen!

Steps you can take for your own wellbeing

- Make lifestyle changes – interests, making time for friends, improve diet and fitness...etc.
- Look after physical health
- Give yourself a break
- Build your support network – work, home, peers, outside agencies, medical
- Take active, rather than passive approach to problem solving. Don't expect others to always provide the solution.
- Notice when you are stuck in negative thoughts or when your body is tense or run down. Once you notice these times, you can determine how to manage them.

Links & signposts for support

Mental Health Charity in England and Wales - **MIND** <https://www.mind.org.uk/information-support/guides-to-support-and-services/abuse/all-types-of-abuse/>

Mental Health Foundation - Looking after your mental health during the coronavirus outbreak

Schools in Mind - network where school staff can find and share resources, research and training

Teach Together – a free text messaging service launched to support teachers during COVID-19

Mental Health Helplines - NHS <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

HCC Staff Resilience website - <https://www.hants.gov.uk/educationandlearning/schools-resilience>

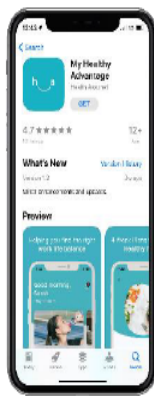
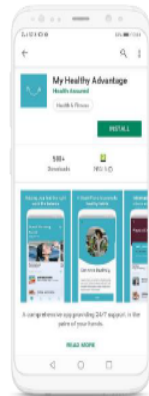
HJS purchases support for all staff through HCC Self Assured

Download & register My Healthy Advantage

Our new health and wellbeing mobile app provides an enhanced set of wellbeing tools and engagement features.

Follow these simple steps to download and register your My Health Advantage app.

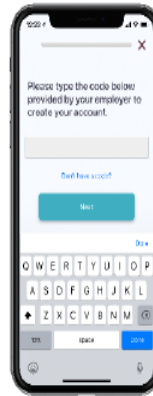
1. Download



2. Register



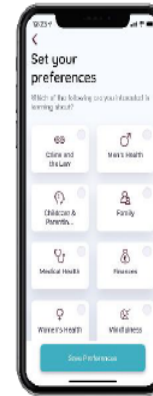
Sign up



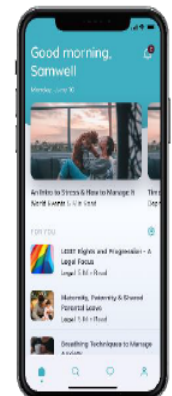
Enter code



Enter your details



Personalise
your preferences



Welcome to
My Healthy Advantage