

# Wellbeing

## Dealing with Stress

The focus of our Wellbeing afternoon this week is managing stress.

- Stress is the body's response to information received by the brain, whether it be an action or event.
- The body responds by sending chemicals (cortisol and adrenaline) around the body to help cope with the action or event.
- Stress is not necessarily a bad reaction. Small doses of stress can be useful.

Watch this video to find out more about what stress is

<https://www.youtube.com/watch?v=3ZEVRs9NwQw>



### Zoga (Zoom yoga)

It was wonderful seeing so many of you joining in with some online yoga last week during our wellbeing afternoon. The sessions cover some basic yoga postures and will also include some relaxation and breathing techniques.

These sessions are optional but it would be great to see lots of you joining in – parents, siblings and pets also welcome.

Year 5 & 6 – 13:30 – 14:00 Meeting ID: 266 633 6207

Year 7 & 8 – (14:15 – 14:45) Meeting ID: 266 633 6207

### Stress reducing Ideas

- Mindful walk
- Take a break
- Get rest/ sleep
- Make time for exercise
- Ask for help
- Break down big tasks into manageable chunks
- Talk to someone about how you are feeling
- Plan ahead – be organised
- Focus on nourishment and diet – minimise sugar, take time to eat your lunch.
- Take care of yourself – have a relaxing bath, paint your nails etc.
- Establish boundaries and stick to them e.g. no emails or social media after 6pm.
- Accept that some things are out of your control.
- Manage your diary – if you have a busy week – don't add anything else.
- Enjoy hobbies and time to yourself away from pressures.
- Reading



## Stress Bucket Activity

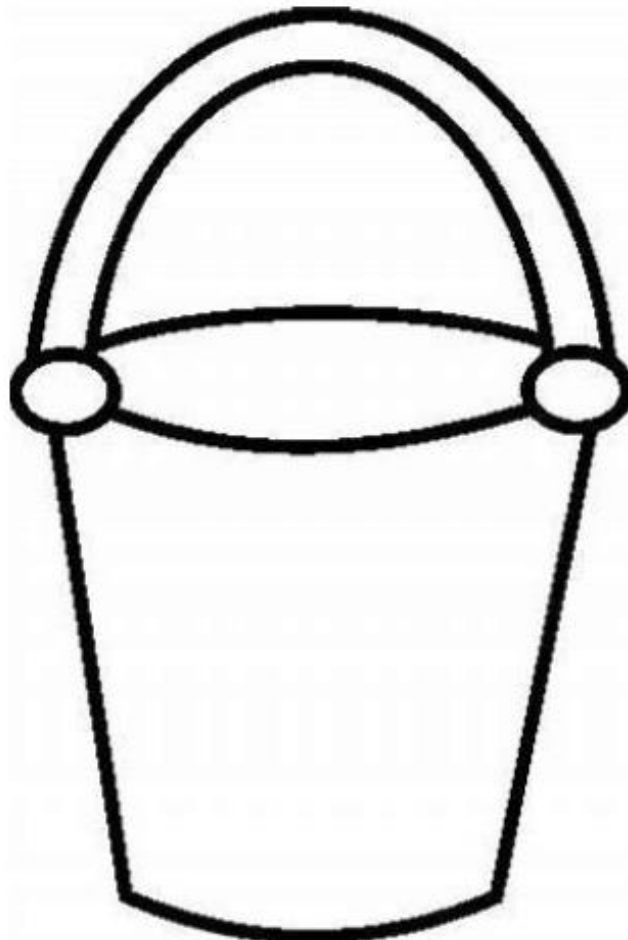
The Stress bucket is a common analogy for how to manage your stress.

Draw an imagine of a bucket the one you can see here.

Watch this video

<https://www.youtube.com/watch?v=DyvlbRImPjA>

Write down on your bucket simple things that you can do that will help you to stop your stress bucket overflowing.



## Word Search - Stress

H	T	E	O	S	S	E	R	T	S	H	N	I	N
A	T	H	A	C	S	H	T	L	I	E	S	U	G
E	F	A	U	A	S	M	A	X	E	R	E	L	L
C	A	V	E	M	A	N	D	L	A	U	N	S	A
N	F	S	I	D	E	P	R	E	S	S	I	O	N
C	I	N	O	R	H	C	E	K	E	S	L	O	D
D	G	P	D	B	A	N	N	O	M	E	D	F	S
L	H	A	R	W	E	T	A	R	T	R	A	E	H
T	T	S	G	F	H	S	L	T	I	P	E	E	R
I	R	I	C	O	R	T	I	S	O	L	D	S	L
B	G	U	A	H	O	E	N	T	H	G	I	L	F
E	W	C	R	A	O	T	E	E	Y	I	D	E	T
D	E	L	O	K	Y	O	H	Z	I	T	R	E	S
E	D	N	R	O	O	A	L	N	E	O	O	P	S

ADRENAL  
ADRENALINE  
CAVEMAN  
CHRONIC  
CORTISOL  
DEADLINES  
DEATH  
DEPRESSION  
DISEASE  
EXAMS  
FIGHT

FLIGHT  
FREEZE  
GLANDS  
HEARTRATE  
OBESITY  
PEER  
PRESSURE  
SCHOOL  
SLEEP  
STRESS  
STROKE

## At Home Highlights

Thank you so much to everyone who shared how they spent their Wellbeing afternoon. Housepoints have been awarded to everyone who sent in photos or reflections of their time. We'd love to see what you get up to again this week. Please email [nhine@st-johns-bromsgrove.worcs.sch.uk](mailto:nhine@st-johns-bromsgrove.worcs.sch.uk) or submit via your planner on Epriase.

### Mindful Colouring



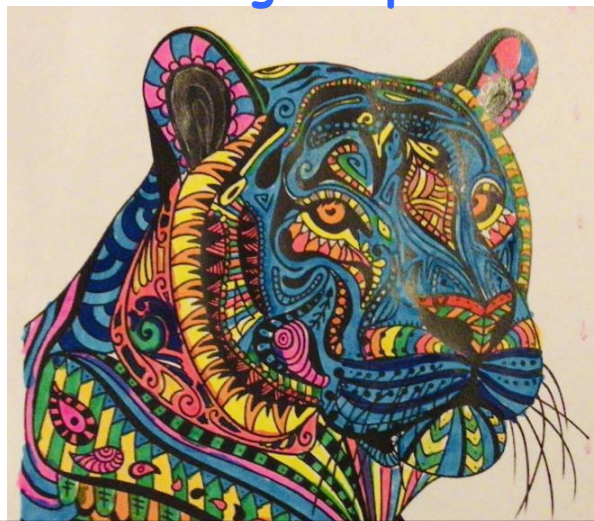
Kaitlyn, 7JD



Emelia, 5CW

### Mindful Colouring competition winner

Keep sending in your mindful colouring images - more prizes and housepoints are up for grabs!



Abaan, (6WW) is this week's competition winner. We have your prize at school ready for your return to school.



## Mindful Walks



Orla, 5MJ with Ollie.



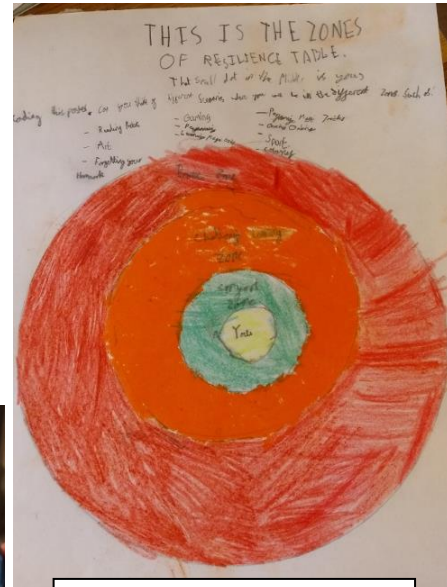
Lauren and Adam

## Zoga session



Fantastic Tree pose by Tom, 6RSE.

## Zones of resilience



Adam, 5MJ

Mandala painting by Holly Dixon, 6KD

