



### Dealing with change

Tuesday 26<sup>th</sup> January  
Issue 3

Reminder: The next dates of our well-being afternoons are Monday 1<sup>st</sup> February and Wednesday 10<sup>th</sup> February. The focus of our Wellbeing afternoon this week is dealing with change.

Read the information below and watch this video about dealing with change

<https://www.youtube.com/watch?v=o4yE6BidJCM>

Life is full of change - we change homes, we change schools, we change friends, boyfriends, girlfriends, tastes, opinions and likes such as music, fashion and hairstyles - the list goes on and on and on and on.

Change is everywhere. Sometimes it's expected and sometimes it's not, some changes you can control, and some are way beyond your control.

Sometimes you're happy about these changes and sometimes you're not. Change can create stresses that add to the normal daily challenges of life.

There are loads of things that you can do to help protect your body and mind from the stresses that changes bring. If your normal life is filled with activities and commitments these might become more of a challenge. Sometimes it's good to slow down and manage your time more realistically, you don't have to do everything, put some of the more time or energy consuming activities on hold until you've gotten used to your new situation - a regular routine from day to day is the simplest way to combat stress.

Our minds love the comfort of the familiar so try and keep your days consistent. Get up and go to bed at the same time each day to regulate your sleeping habits and try and think realistically about what you can and can't do in a normal day.

Regular exercise or any physical activity is a great way to stay balanced and to relieve stress so try not to cut that out of your routine. It also helps you get plenty of sleep and rest as sleep is probably the best way to reduce stress. If you're having trouble switching off, try turning off your social media in the evenings. Other relaxing rituals, such as a hot bath or a hot chocolate, can also help.

Taking time out during the day to relax is a must - just make sure you stop and breathe when you feel like the stress levels are rising or you can even meditate just taking a few minutes a day can make a huge difference. There are so many useful ways to relax so find out what it is that helps you. It could be music, arts, sports or anything that just helps you get your mind off the stresses and don't be afraid to talk about it. Chat to your friends, your parents, your brother or sister or even your favourite teacher. Telling people how you feel is amazing and will often help you see things from a different perspective, realise what you can and can't control and ultimately deal with stress more positively.

### Zoga and Live PE session



I am very excited that we now have all of the technology set up to be able to offer some live active sessions.

This week there will be two sessions. Everyone is welcome to join one or both of these sessions.

**Live Fitness** 13:40 14:00 Meeting ID:  
266 633 6207

**Live yoga** – 14:05 – 14:35 Meeting  
ID: 266 633 6207

## Time Spent Reflection Wheel

Starting from the centre shade each segment of the wheel depending on the amount of time you spend on each one. So the more time you spend on it, the more of the segment will be coloured. Which segments have you shaded in the least? What could you do to spend more time in that area?

Examples: Intellectual activities could be reading or researching about something you are interested in. Physical could be going for a walk or exercising.

Can you write down activities linked to each segment of the wheel?



# St John's CE Middle School Wellbeing Afternoons

A top tip for dealing with change is trying to have positive thoughts. Write down some negative thoughts you might have at the moment and rewrite them as a positive!

Example

I don't get to see my friends when I am at home



I can still arrange to talk to my friends on FaceTime and get to see them in my zoom lessons

Negative Thoughts

Positive Thoughts

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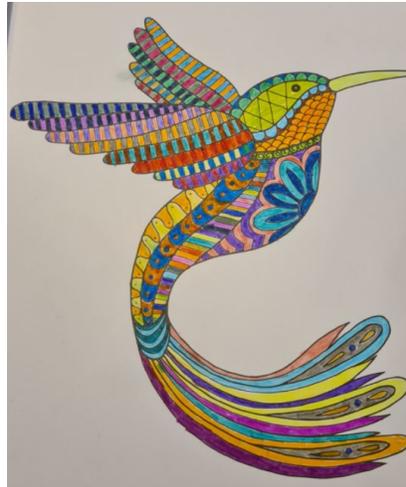
## At Home Highlights

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.

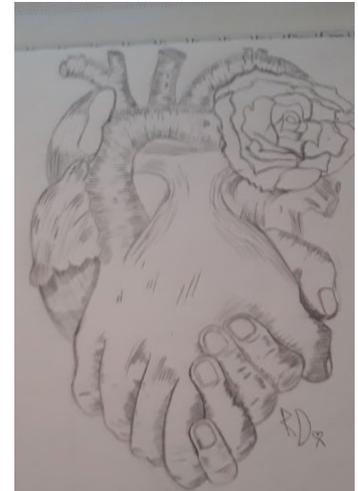
### Mindful Colouring and Art



Alix, 6AJC



Archie, 6WW



How beautiful is this drawing by Rhianna in 8AME? Very talented!



### Mindful Colouring competition winner

Alivia F, (7CS) is this week's competition winner. We have your prize at school ready for your return to school.

# St John's CE Middle School Wellbeing Afternoons

## Mindful Walks



Felicity, 7KLN on a beautiful, mindful walk!



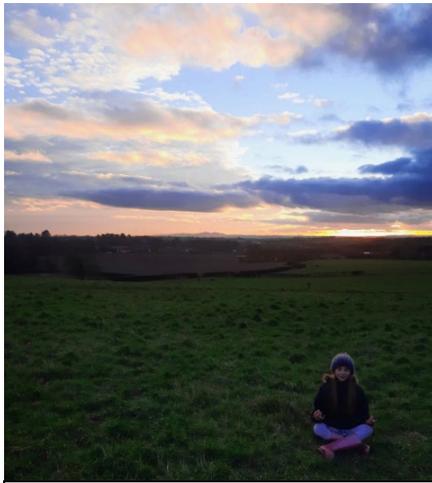
Ruby and Millie, enjoying some fresh air!



A nice dog walk for Verity, 5AKE



Exploring for Oscar!



Ella H looking very relaxed and mindful!

## Cycling



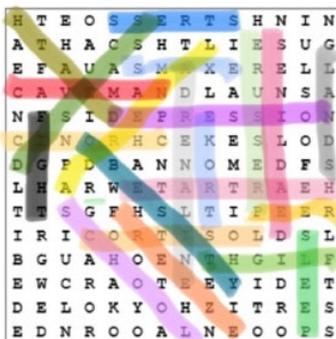
Freddie, 7JD

## Baking



Yummy Flapjack making for Drew-Anna

## Word search answers



Well done to Daisy 6WW for completing the stress word search.

## Spending time with animals

