



# Weekly Well-being 8th June 2020

*Top tips and useful resources for looking after your mental health and well-being during this challenging time...For parents and staff.*

## Relaxation and Sleep

Sleep and mental health are closely related. Having a mental health problem is likely to affect your sleep and poor sleep is likely to affect your mental health. This week our focus is on ways to help yourself get a good night's sleep.



### How can I improve my sleep?

- Try to establish a routine to follow before going to bed
- Relaxation routines can help you prepare for sleep: do something calming; breathing exercises; muscle relaxation or meditation.
- Fill in a sleep diary
- Make your sleeping area more comfortable
- Think about screen time and device settings
- Look after yourself: think about diet, exercise, physical activity and spend time outside.
- Find support for connected issues that may be keeping you awake e.g. anxiety.

## Further Information

Sleep web links:

- <https://www.mentalhealth.org.uk/publications/how-sleep-better>
- **7 Minute Bedtime Yoga with Adrienne**  
<https://www.youtube.com/watch?v=LI9upn4t9n8>
- **MHF Progressive Relaxation Podcast**  
<https://www.mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-sleep-full-works>
- <https://www.mentalhealth.org.uk/podcasts-and-videos/how-sleep-and-green-space-can-help-your-mental-health>
- <https://www.mentalhealth.org.uk/blog/ten-top-tips-good-sleep>

## Good News Corner -

### *Frazzled Cafe*

"Frazzled Cafe Online provides the equivalent of a neighborhood coffee shop in a virtual environment, where people who are feeling overwhelmed by the stresses and strains of everyday life can get together to share their experiences."

For more information visit their website

<https://www.frazzledcafe.org/virtual>



## Do you need some help while self-isolating?

If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our **NHS Volunteer Responders** are here to help.

Join the thousands of others throughout England who are already receiving support – even if it's just for a friendly chat.

**Call 0808 196 3646 or visit [nhsvolunteerresponders.org.uk](https://nhsvolunteerresponders.org.uk)**

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.