



EDEN PARK HIGH SCHOOL

Weekly Wellbeing 15th June 2020

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

Learning

One of the five ways to wellbeing is learning. Research shows that learning new skills can improve your mental wellbeing by: boosting self confidence and raising self-esteem; helping you to find a sense of purpose; helping you to connect with others. This week our focus is on ways to bring learning into your life.

Learning doesn't have to include sitting exams or reading books...

- Learn to cook something new...Try a new recipe
- Work on a DIY project
- Sign up for a course - there's plenty of free distance learning available
- Watch a documentary
- Try a new hobby.

Further Information

- Free OU courses

<https://www.open.edu/openlearn/free-courses/full-catalogue>

- Free BSL lessons

<https://www.sense.org.uk/sense-sign-school/>

- Free courses database

<https://nationalcareers.service.gov.uk/find-a-course/where-to-find-free-online-learning>

- 50 low cost hobby ideas

<https://www.lifehack.org/articles/money/this-list-50-low-cost-hobbies-will-excite-you-2.html>

- Borrow an ebook from your local library

<https://gllibraries.overdrive.com/>

Good News Corner -

The Happy News

"Every single day there are people helping others and doing incredible things in all corners of the planet and the majority of them aren't celebrated, but we think they deserve to be recognised. We aim to bring a refreshing twist on what we typically know as 'news', reporting on positive changes and truly inspiring people."

For more information visit their website

<https://thehappynewspaper.com/>



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

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.