



EDEN PARK HIGH SCHOOL

Weekly Wellbeing 6th July 2020

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

Digital Wellbeing

Recently we have seen a huge increase in the use of technology so it is important to find ways to use it to support us rather than allowing it to cause stress in our lives. Using digital technology too much can lead to eye strain, headaches, poor sleep and it can have negative psychological effects.

Steps you can take to improve your digital well-being include...

- 20-20-20 rule: For every 20 minutes of screen time, take a 20 second break by looking at something at least 20 feet away.
- Take a movement break every hour when spending long periods of time looking at a screen
- Stop using devices at least 2 hours before you plan to go to bed.
- Only subscribe to emails and follow social media accounts that have a positive effect on your mental health.

Further Information

- ▶ Self assessment to see how well you're coping with tech stress <https://wellbeing.google/reflect/>
- ▶ Tips and tools to promote healthy tech habits for the whole family <https://wellbeing.google/tools/>
 - ▶ Helpful features for Apple iPhone users <https://digitalwellbeing.org/apple-launches-ios-12-with-suite-of-digital-wellbeing-features/>
- ▶ Free course to help you develop healthy tech habits <https://learndigital.withgoogle.com/digitalgarage/course/digital-wellbeing>

Good News Corner -

<https://www.ted.com/>

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.



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.