



# Wellbeing Resources for Students

We prioritise the mental, as well as physical, wellbeing of our students and, in partnership with our Student Focus Centre, we would like to signpost the following resources which students can access to support mental and emotional wellbeing.



[On My Mind](#) aims to empower young people to make informed choices about their mental health and wellbeing. It includes: Ideas for self care; understanding referrals; what to expect when working with a service; jargon busters; and how you can help a friend.

Berkshire CCG has put together a series of Coping Guides for children, young people and families to help them deal with the current situation. You can access the guides [here](#).





In times like these, we can often forget how important it is to try and maintain our own happiness and wellbeing. It's not only important for ourselves, but also our family, friends, colleagues and many of those who depend on us. Staying positive and trying to implement little things like physical exercise, a healthy diet or getting a good night's sleep, can have big results. That's why The National College created [this guide](#) to help everyone think about some of the positive steps they can take to establish and keep good mental wellbeing.



Dr Russ Harris, author of 'The Happiness Trap', has developed a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). More information can be found [here](#), but in summary:

F = Focus on what's in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

## Contact Us

Please feel free to email any suggestions about resources and support to:

[katebretherton@newlandsgirls.co.uk](mailto:katebretherton@newlandsgirls.co.uk)

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