

Lockdown 3.0 Wellbeing Tips



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Welcome to the first edition of our Lockdown 3.0 Wellbeing Tips newsletter, offering you the latest updates for wellbeing related news in these uncertain times.

Lockdown 3.0 will leave many people feeling a sense of déjà vu as many of the restrictions that people woke up to this week were first put in place for Lockdown 1 back in March last year.

According to the government website during Lockdown 3.0 people must stay at home to: **protect the NHS and save lives**, which was very much the government message in March 2020 too.

In April when we shared our first Covid Wellbeing Newsletter we never thought we would be still in the middle of a pandemic by January 2021 but we will dig deep and stay together.

It's vital that even though we're apart, we continue to work collaboratively through these tough times, strengthening our sense of community and staying connected to support one another.



Happy New Year
Time to focus on you
and on wellbeing?
Are you ready to
complete our Mental
Health First Aid
Course?



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Self-care top tips



Connect

Share how you think and feel, talk to someone and truly listen, smile.

Be Active

Do physical activity you enjoy, try short bursts of exercise.

Take notice

Be mindful: this helps us to focus and take control of our lives, be aware of the world around you and enjoy the moment and all of the small things.

Learn

Set achievable goals, learn something new about a colleague, a new word or research something you've always wondered about, try cooking a new recipe.

Give

Offer a compliment, help a neighbour or offer your friendship or time.

Making provision for the vulnerable during extraordinary times

Reflections from Janice Cahill OBE,
Executive Headteacher,
The Pendlebury Centre & Highfields
Inclusion Partnership, Stockport

My hope is that when we do reconvene, schools have an opportunity to rebuild a routine which meets the needs of all. The emotional and mental wellbeing of our students has to be at the forefront of our planning.



[Read the full blog here >>](#)

Social media and the news

If you are overwhelmed by the news or anxiety is triggered by it, it's probably a good idea to limit your exposure via all broadcast channels including social media. However, there are benefits to staying connected via social media during this time of self-isolation. Choose news sources you trust and stick to official government guidance and NHS advice websites.

If you want to stay connected through social media, a list of useful tips on how to use it wisely can be found in this article from the **British Psychological Society**.



Can I go out to exercise during Lockdown 3.0?

YES this is the good news and we all know how much exercise lifts our mood, our spirit and helps us feel better, fitter and stronger. It really is a **MUST DO** during a pandemic.

You can exercise outside with the people you live with, your support bubble, or, if you are on your own, with one other person. But you can only leave your home to exercise once a day

The good news is that Joe Wicks will recommence his PE With Joe YouTube series from Monday 11th Jan on: Mon, Wed and Fri's at 9am.

Greater Manchester Health & Social Care new digital services update

Greater Manchester health and care providers and the voluntary sector are increasing support for people with mental health needs, learning disabilities and autism during the COVID-19 crisis.

Mental health services across Greater Manchester are now mobilising a wider range of digital support offers across the region.

A number of these are aimed at children and young people including SHOUT, a 24-hour text service with trained crisis volunteers who will chat using trained techniques via text responses.

[Click here](#) for more information.



BBC Home school survival

You will be pleased to know the BBC have stepped up with a really helpful offer which might help you juggle the joys of homeschool alongside your own work!

[More info here](#)



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| <p>It's a new year We have a sale on all CPD booked in January. 10% off use the discount code 'sparkle in 2021'</p> <p>www.allianceforlearning.co.uk</p> | <p>Lockdown Anxiety? We are bringing you a FREE Anxiety Webinar to help you cope with what we are all feeling.</p> <p>www.allianceforlearning.co.uk</p> |
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Useful links: Self-care resources

For children

Headspace Kids: Meditation for children. For now, there are five themes for kids to explore: Calm; Focus; Kindness; Sleep; Wake up

Mental Health Foundation

The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people.

For a range of resources aimed at children and families including services available, how to talk about Coronavirus and bereavement, see the dedicated area on the Greater Manchester Health and Social Care Partnership mental health and wellbeing hub.

For adults

See **Mind's Coronavirus mental health and wellbeing guide**

Action for Happiness has developed a coping calendar with 30 steps to help you 'keep calm, stay wise and be kind.'

Greater Manchester Health and Social Care Partnership has a **dedicated page** on its mental health and wellbeing hub for looking after your own mental health. It includes resources to help you self-assess your feelings and practical tools to help with low mood, anxiety and stress. There's also information on how to stay active and improve sleep.

Mental Health Foundation has a range of podcasts and videos to encourage wellbeing.