

## EPS Wellbeing Pack 7

### Information about this Pack

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike.

Joy, our Principal Psychologist, along with the team, Panna, Mark, Regina, Anna, Kathryn, Paula and Sally, would like to offer any support we can. With this in mind, we have handpicked some resources to help support you during life in lockdown.

## Preparing to Move Forward

**Positive Psychology** have collated a list of [mindfulness activities](#) for all ages to help people feel grounded and reduce anxiety during this uncertain time.

**Trauma Informed Schools** have produced a guide to [Creating Opportunities for Connection](#). It includes creative ways to develop connectedness and stay in touch with pupils, colleagues and friends whilst we have to stay apart.

**ELSA Support** have designed a [2020 Lockdown Review](#) to encourage children and young people to reflect back on their lockdown experiences.

Our colleagues at **Hammersmith and Fulham** EP Service have created a [Working with Worry](#) pack to help adults support children who may be feeling worried about returning to school.

**University College London** have created [self-help guides](#) to help manage particular aspects of lockdown. Specifically, one on [setting values-based goals](#) – something very important when looking forward!

## Reminder of Important Documents

**Teachers and School Staff** The British Psychological Society have written some advice for schools detailing ways to **foster staff resilience** during school closures

**Key Workers** The British Psychological Society has created two **new** guides, one for **Keyworker** parents themselves and one for their **children** to help with this difficult time

### **Early Years Resources**

Our colleagues at **Neath Port Talbot** and **Merthyr Tydfil** EP Services have put together **a pack for Early Years** children with some great resources and ideas.

### **Older Children and Teenagers**

**CAMHS** and **Young Minds** have produced resource packs offering practical help and advice for addressing your anxieties and well-being in light of Coronavirus.



## Well-being Challenge

Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see.



**Take notice** - Feel more settled and calm by doing a Body Scan mindfulness exercise recorded by **Stop, Breathe & Think** that brings awareness to each part of your body.



**Connect** – Put five minutes aside to find out how someone really is, and listen when they tell you.



**Be active** – Keep active by going on a bike ride or walk around your local area – see if you can find one item for each colour of the rainbow while you're out!



**Keep learning** – Challenge yourself to learn a new skill. Maybe develop your cooking skills by making **Pizza** or another **family friendly recipe**



**Give** – Offer to help someone in your house with a job that needs doing