

EPS Wellbeing Pack 6

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.

Not Forgetting the Essentials

Sleep is essential for emotional and physical well-being. The **Sleep Foundation** have created simple [guidelines](#) to help maintain consistent, high-quality sleep during lockdown.

Staying connected is very important when we cannot see each other face-to-face. **Cambridge University** have suggested some [easy ways to stay connected](#) with classmates and colleagues whilst we cannot see each other.

Keeping emotional well-being in mind is also key during lockdown. The ELSA Support Network have created a [May calendar of activities](#) to help support children.

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 Worker Parents The British Psychological Society have written some advice for key worker parents to **help your child adapt** during Covid-19

Resources in Additional Languages

Doctors of the World and **The Royal College of Psychiatrists** have produced **essential information** regarding isolation and contacting the NHS as well as **mental health advice** in many different languages including Welsh, Polish and Arabic among others.

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 - make a note of things that make you smile today – people, things or events



Connect – Hold a virtual quiz (possibly for charity)The NAS has put together a [how-to guide](#)



Be active – Stay fit and with sports and games collated by **Active Wrexham** in their fun [activity pack](#) (including some fun extra indoor activities)



Keep learning – **BBC Bitesize** have compiled a timetable of [daily lessons](#) for Years 1-10 with accompanying videos and questions



Give – Send virtual hugs and well wishes to those you cannot see during lockdown