

# TSA WELLBEING 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.

## Useful links: Self-care resources For children

Headspace Kids: Meditation for children.

[www.headspace.com/meditation/kids](http://www.headspace.com/meditation/kids)

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.

[www.mentalhealth.org.uk/publications/anxious-child](http://www.mentalhealth.org.uk/publications/anxious-child)

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 [www.mind.org.uk](http://www.mind.org.uk)

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

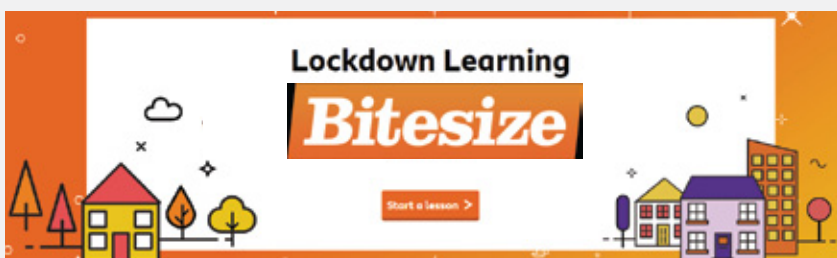
[www.actionforhappiness.org/coping-calendar](http://www.actionforhappiness.org/coping-calendar)

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.

<https://hub.gmhsc.org.uk/mental-health/looking-after-your-mental-health-and-wellbeing/>

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. [www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing](http://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing)



The BBC is to deliver the biggest education offer in its history across more of its platforms. It will bring together BBC Two, CBBC, BBC Red Button, BBC iPlayer and online to deliver a new education offer to children, teachers and parents as a third national lockdown begins.

<https://www.bbc.co.uk/bitesize>