

April 2021



## Hello again from your Mental Health Support Team (MHST)

We hope you have enjoyed your Easter half term and are ready for another term at school.

As lockdown begins to end, you might feel lots of different feelings, but this is okay and completely normal. It is also normal if your friends or family have different feelings to you.

Coming back from half term might mean that you are sleeping differently. Follow our top tips below to help improve how well you can sleep.

This month is Stress Awareness Month and we have included some activities on the next page that you can do from home to help you feel less stressed.

Good luck in the new term ☺

### GENERAL TIPS FOR HAVING HEALTHY SLEEP HYGIENE<sup>142</sup>



**Go to bed and wake up at the same time** every day (even on the weekends!)



**Don't go to bed feeling hungry**, but also don't eat a heavy meal right before bed



**Avoid caffeine consumption** (e.g., coffee, soft drinks, chocolate) starting in the late afternoon



**Develop a relaxing routine** before bedtime – ideas include bathing, music, and reading



**Expose yourself to bright light in the morning** – sunlight helps the biological clock to reset itself each day



**Reserve your bedroom for sleeping only** – keep cell phones, computers, televisions and video games out of your bedroom



**Make sure your bedroom is conducive to sleep** – it should be dark, quiet, comfortable, and cool



**Exercise regularly during the day**



**Sleep on a comfortable mattress and pillow**



**Don't have pets in your bedroom**

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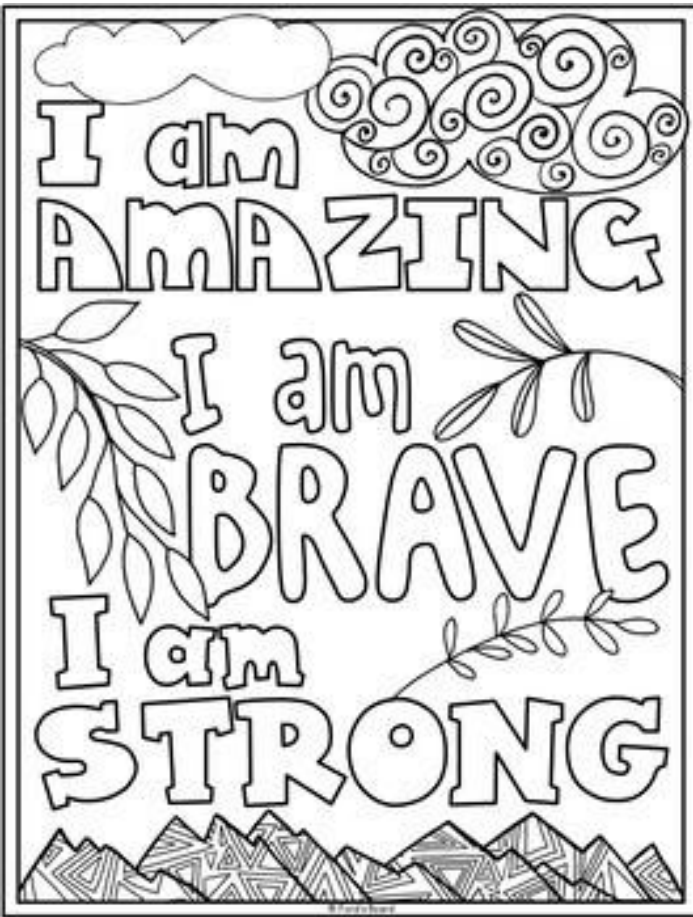
# Stress Awareness Month

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

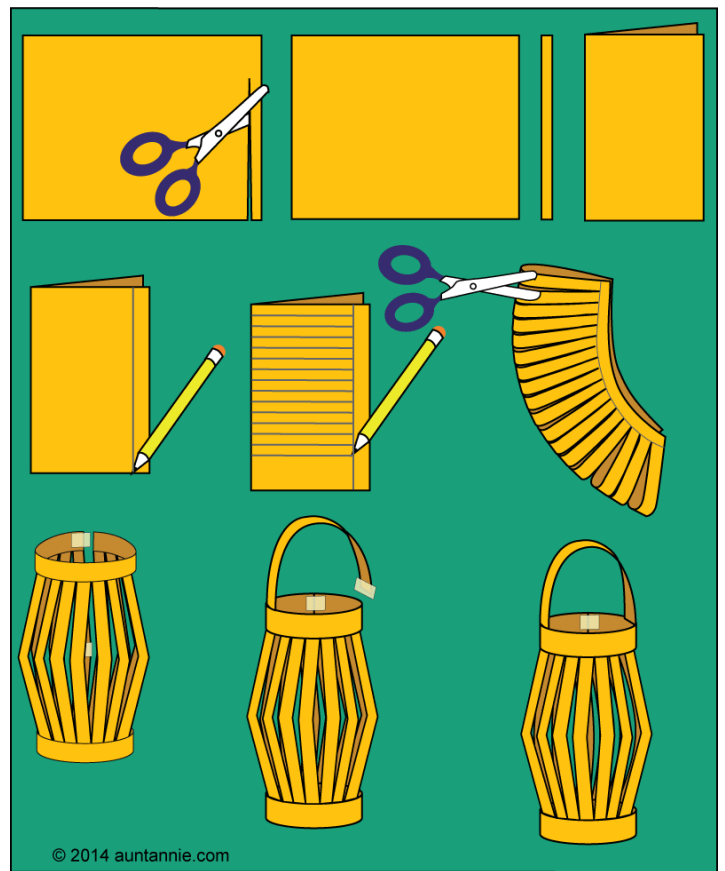


For Stress Awareness Month, have a look at completing these activities to help reduce your stress levels.

<https://www.teacherspayteachers.com/Product/Positive-Self-Talk-Coloring-Pages-Positive-Affirmations-Posters-5133681>



Follow these steps to make your own Ramadan lantern



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### FURTHER SUPPORT AND USEFUL SERVICES

Hampshire and IOW CYP Crisis Line - Mon-Thurs 3pm-8.30pm 0300 303 1590 - Telephone Support for children and young people 11-17years old

ChildLine- Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries

Shout— text SHOUT to 85258 - 24/7 Free and Confidential TEXT Service for anyone in a crisis

Contact us: [spnt.mhst.earlyhelpse@nhs.net](mailto:spnt.mhst.earlyhelpse@nhs.net)