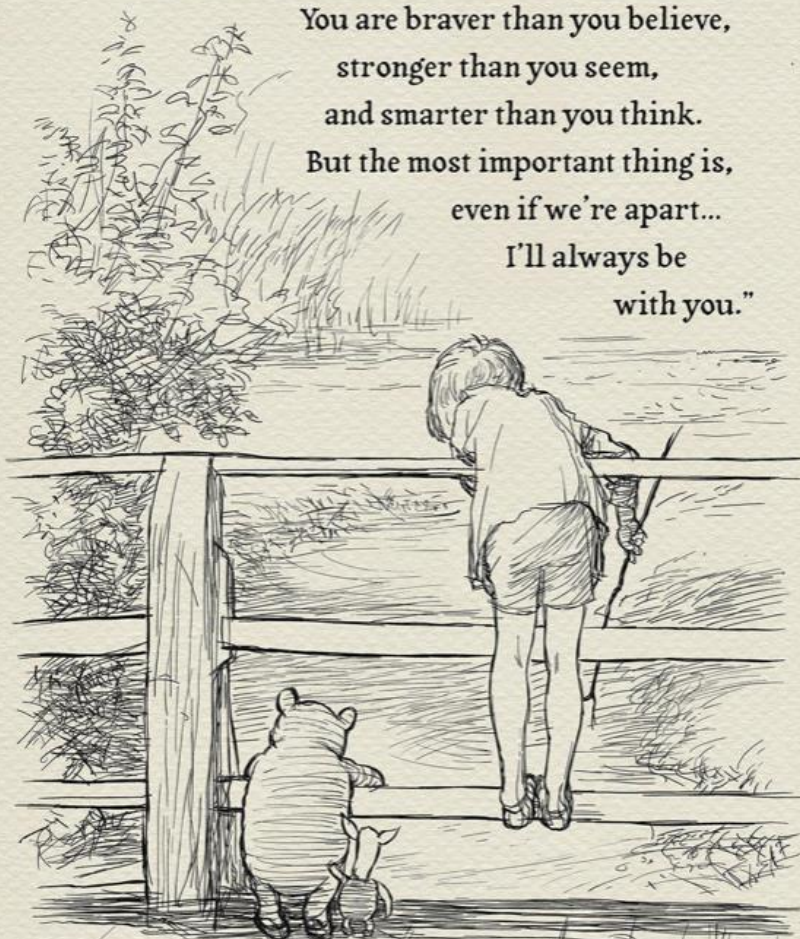


Well-being Journal

The rationale behind this journal is to provide you with a range of top tips, advice and signposts to key information to help you navigate safely through the next few challenging weeks

In this journal: Coping Strategies; Digital Connectivity; Desk Yoga and Top Tips; Poetry and Recommended Reading; Managing Worry and Anxiety; Look After Mind, Body and Soul; Write a Journal; Write a Digital Journal; And smile...

"If ever there is a tomorrow when we're not together...
there is something you must always remember.
You are braver than you believe,
stronger than you seem,
and smarter than you think.
But the most important thing is,
even if we're apart...
I'll always be
with you."



Coping Strategies

A timely reminder Paul McGee, AKA the SUMO Guy!

<https://www.thesumoguy.com/products/>

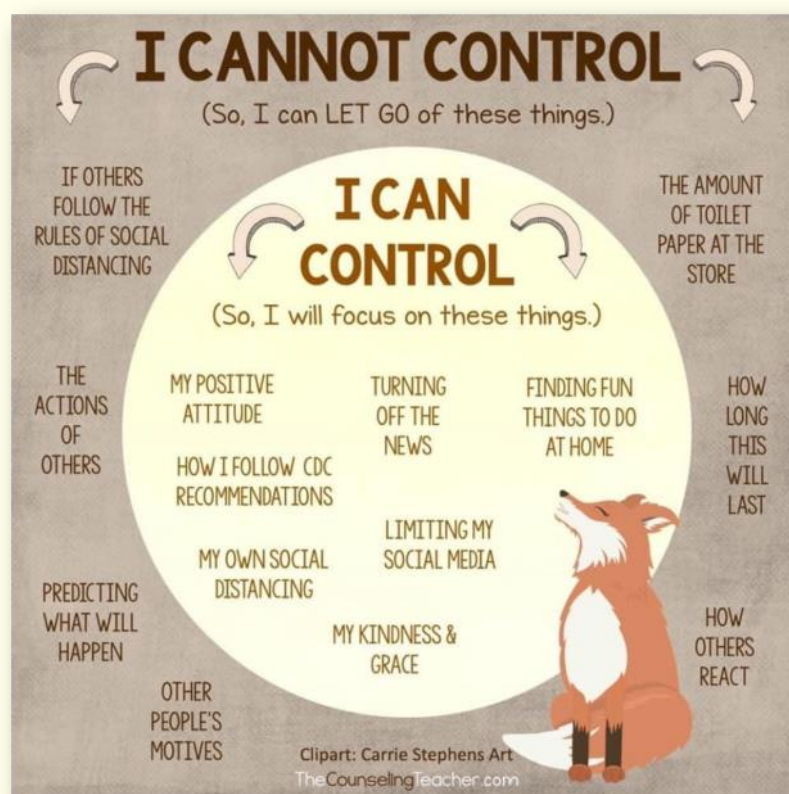
Faced with a challenge?
7 questions to help you **S.U.M.O.**

- 1: Where is this issue on a scale of 1 - 10?
- 2: How important will this be in 6 months time?
- 3: Is my response appropriate and effective?
- 4: How can I influence or improve the situation?
- 5: What can I learn from this?
- 6: What will I do differently next time?
- 7: What can I find that's positive in this situation?

www.paulmcgee.com Tel: 44 (0) 1925 268 708 E-mail: sumo@paulmcgee.com

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And let go of what you can't control:



Digital Connectivity

Whilst technology can never replace the rich fabric of face to face, real-time interactions, we all rely upon within our daily lives, it offers enormous potential to allow everyone to break-out from the monotony and frustrations of home-working and self-isolation. Technology offers unique opportunities to bring us together as well as opening new horizons.

The secret is to take one step at a time and to have a go. Here are a few favourites.

Video Calling.

Now that we are all Skyping like 'good-uns', why not make a habit of checking in with friends and family on your phone, tablet or PC using one of the plethora of video calling platforms now easily available for download. FaceTime, Zoom and WhatsApp as well as Facebook's Messenger are probably the most popular, off the peg products, some of which you may already have on your devices and may be a good starting point if you want to add video to chat. Who doesn't like to see a smiling face? :-) Here are some video links to get started.

[FaceTime](#)

[Zoom](#)

[WhatsApp](#)

[Facebook Messenger](#)

Social Media.

Like it or loathe it, Social Media has changed the way that millions interact and keep up with each other. Now may be as good a time as any for us 'Digital Immigrants' to adapt to this new environment. [Mark Prensky](#) is well worth a read if you are new to the term. (Link attached)

You may be surprised to learn how many of your colleagues, friends and family are already posting regular updates on their favourite platform, as well as Lancashire schools. Why not give it a go? It's like swimming in the ocean, you choose how deep you go into the water. It's nice to receive daily updates and to rediscover old friends.

Here is a balanced review regarding the [Pros and Cons of social networking](#).

Try the following links to some beginners guides, set up an account and see who's out there. PS – Remember the privacy settings, update next time.

[Facebook](#)

[Twitter](#)

[Instagram](#)

APPs.

Technology now provides incredible connections helping people share their pastimes and hobbies with groups and individuals all over the world. Like Chess? It's never been easier to practise or to compete online. Play against the computer or a friend or enter a tournament anywhere on the planet. Popular sites include:

www.Chess.com - With over 28 million members, chess.com is the internet's biggest online chess community.

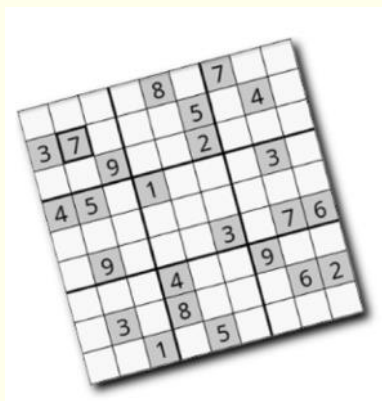
www.chess24.com - Has rapidly become one of the top chess playing and learning sites on the net.



Digital Connectivity

Sudoku – 数独

'The puzzle was introduced in Japan by Nikoli in the paper Monthly Nikolist in April 1984 as Sūji wa dokushin ni kagiru (数字は独身に限る), which also can be translated as "the digits must be single" or "the digits are limited to one occurrence" (In Japanese, dokushin means an "unmarried person").'



It really is so much easier done digitally... A personal favourite ([Genina](#)) is free to download. Compete against your own best times at various levels or see how you did against a global audience.

Virtual Culture

Finally, if you've had your Easter break curtailed but still fancy a bit of French culture there's lots to do and see online.

- 🔗 [The Louvre](#)
- 🔗 [The Musée d'Orsay](#)
- 🔗 [The Musée Grévin](#)
- 🔗 [The Quai Branly Museum](#)
- 🔗 [The Orangery Museum](#) :

Maybe now is a good time to reflect upon the power of technology and its influence on so many of our pupils' lives. After all, it's nearly 2 decades since Prensky first reflected that...

"Today's students have not just changed incrementally from those of the past, nor simply changed their slang, clothes, body adornments, or styles, as has happened between generations previously. A really big discontinuity has taken place. One might even call it a "singularity" – an event which changes things so fundamentally that there is absolutely no going back. This so-called "singularity" is the arrival and rapid dissemination of digital technology in the last decades of the 20th century

Mark Prensky. From 'On the Horizon' (MCB University Press, Vol. 9 No. 5, October 2001

And a useful Facebook link for Teachers and Teaching Assistants?

<https://www.facebook.com/645846979/posts/10159461541216980/?d=n>



Desk Yoga

Keeping the body and mind healthy during these challenging times is important so, for those of you who need to be sat down to continue with your work, try out this:

Raised Hand Pose

Opens the sides of the rib cage • Stretches the spine, shoulders and armpits – which helps with depression and anxiety • Creates space in the chest and lungs which helps asthma

On an exhalation raise the arms forward and then above the head, draw the shoulder blades down the back, arms by the ears and take a few breaths.

Then turn the palms forward, feel the broadness across the chest, take a few breaths (always through the nose unless that is impossible).



Upward Bound Finger Pose

• Exercises all the knuckles • The chest is broadened and lengthened

Clasp the fingers, up to the web, in front of you, observing which index finger is on top, turn the palms away.

On an exhale, raise the straight arms above your head, extend up, taking arms by the ears, drawing the little finger side down to move the shoulders down, take a few breaths the lower the arms and repeat ensuring the opposite index finger is on top.

Head of a cow pose

• Gives mobility and relieves tension in the shoulders • Opens the armpits and chest which automatically helps lift your mood

Both feet on the floor, extend your right arm out to the side and then take that arm up the back, in between the shoulder blades, then take the left arm up and bend to catch hands. Keep the head lifted, roll the outer arm towards the ear. If this is impossible then try using the back of the chair, using all the same methods but take your hand up the back of the chair instead

Then repeat this on the other side – you will probably find the side you use the most will be the stiffer side



Seated Twist

• Improves digestion • Massages the liver and kidneys • Increases the suppleness of the spinal muscles which keeps the back healthy

Keeping the feet slightly apart but parallel, take the right hand to the back of the chair, left hand on the thigh, inhale, exhale and turn, keep the shoulder blades down and towards each other, hips evenly on your chair, inhale, exhale and turn.

Release come back to the front and repeat on the other side.

Desk Yoga

Half Lotus Pose

- Stretches feet, ankles, knees and hips
- Helps ease sciatica
- Calms the brain

Sit upright in the chair, feet parallel, bring right leg up, protect the back of the knee when doing, bend to touch the opposite knee.

Then draw the foot closer to the abdomen, if the knees don't hurt then slightly lean forward to increase the stretch at the back of the gluteal area.

Then repeat same action on left side.



Chair Pose

- Removes stiffness in the shoulders
- The diaphragm is lifted so gently massages the heart
- Abdominal organs and back muscles are toned

Sit upright in a chair, raise the arms, palm facing, draw the shoulder blades down. Keep chest lifted lean forward, look forward, ensuring the feet and knees are together and move forward, lifting slightly from your seat, taking a few breaths, hold the pose for a few seconds, then release and repeat.

And above all, as all yogis will tell you, remember to BREATHE!

In addition, you can:

Be active

Go for a walk or a run (once a day)

Join in online exercise videos

Meditate

Connect

Useful Tips

Drink plenty of water- helps to keep hydrated and brain active

Exercise and keep active

Get dressed and start the day in your usual way

Eat healthily and don't binge snack

Stay connected with colleagues and family

Have a routine – plan your day ahead

Aim to have a work place separate from personal life

And some poetry...



There was a cough and then another
The little cat ran to her mother.

"What can we do?" "Well, wash your paws,"
Her mother said, "And all your claws.

"We'll stay inside and shut the door.
You'll laugh and hide and read and draw

"And think of all the games you'll play!
You'll sleep and eat and then one day...

"You'll see the door is open wide -
The sun will shine, you'll run outside -

"Just look at how I've grown!" you'll say,
"Since all the time I've been away!"

So wash your paws and don't feel blue
The little cat knows what to do

And wait until the morning when
Our big old world is right again.



URSULA DUBOSARSKY

AUSTRALIAN CHILDREN'S LAUREATE 2020-2021

Some reading ...

If you are looking for calm, here are some 'reads' recommended by TED

<https://ideas.ted.com/teds-winter-reading-list-78-feel-good-books/>

[*The Peace of Wild Things: And Other Poems*](#) by Wendell Berry

This little book of poetry is my current morning dose of calm, and I use it like a meditation if I'm feeling stressed about the day ahead. The most famous verse in it is the title poem, which never fails to bring me back from our tech-driven, fast-paced world into memories of beautiful forest walks. Through this volume, I'm enjoying discovering other work by this wonderful poet, who writes: "For a time, I rest in the grace of the world, and am free."

— Suzie Sheehy (TED talk: [The case for curiosity-driven research](#))

[*The Rain in Portugal*](#) by Billy Collins (TED talk: [Two poems about what dogs think — probably](#))

Collins is by far my favorite poet. His words fill me with such ease and warmth, and they never fail to put me in a better, heightened mood. I always feel like his poems help me to see the world, rather than just pass through it blindly. I could have picked any volume of his work, but this — his latest — is a great place for people to start.

— Luke Sital-Singh (TED performance: ["Afterneath" / "Killing Me"](#))

[*Bells in Winter*](#) by Czeslaw Milosz

This slim book of poetry brings moments of intense wonder about the unknowableness of the human condition. Some of these poems calm me like a drink of cold, clear water. That there is someone like Milosz, who can understand and distill the human experience in this way, helps make our modern social chaos recede.

— Linda Elkins-Tanton (TED-Ed lesson: [Why is NASA sending a spacecraft to a metal world?](#))

[*Zen Shorts*](#) by Jon J. Muth

My husband and I read this illustrated children's book to my daughter many times, but I think he and I learned more from it than she did! It imparts important life lessons like: "good" and "bad" life events don't exist — what seems like a good life circumstance can have bad consequences, and what seems like a bad situation can lead to something positive. I practice what I learned from these inspiring stories daily.

— Mara Mintzer (TED talk: [How kids can help design cities](#))

If you'd like to be closer to the people in your life

[*Your Body Is Your Brain: Leverage Your Somatic Intelligence To Find Purpose, Build Resilience, Deepen Relationships and Lead More Powerfully*](#) by Amanda Blake

I love a read that leaves me believing I can change by practicing simple steps, and this book is all that. Blake teaches us how to tap into our most powerful intelligence — namely, posture, gestures and sensations — and truly live from our authentic power.

— Tammy Lally (TED talk: [Let's get honest about our money problems](#))

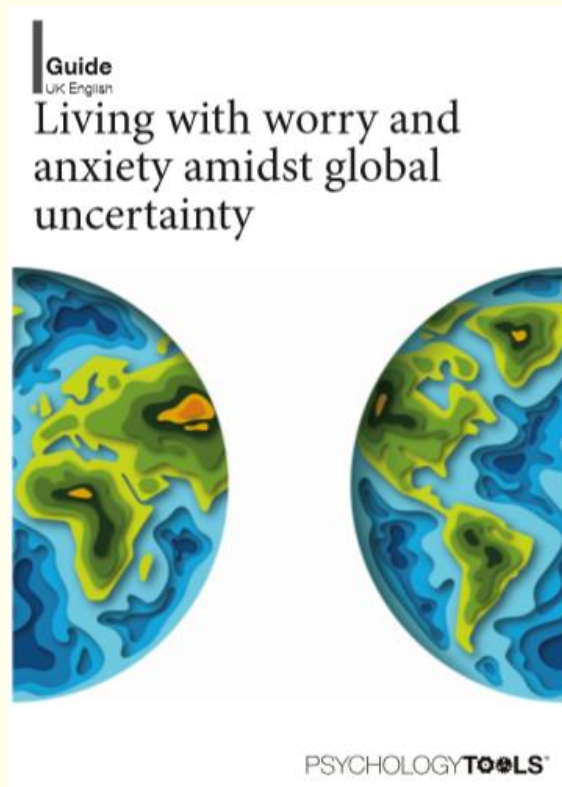
[*Peaceful Parent, Happy Siblings: How to Stop the Fighting and Raise Friends for Life*](#) by Dr. Laura Markham

Markham has been such a companion to me and my wife in our parenting journey. While raising children is perhaps the biggest gift, it is not without its challenges. This book provides actionable

Managing Worry and Anxiety

A guide to managing worry and anxiety in these uncertain times

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf



About this guide

Our world is changing rapidly at the moment. Given some of the news coverage, it would be hard not to worry about what it all means for yourself, and for those you love.

Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. At Psychology Tools we have put together this free guide to help you to manage your worry and anxiety in these uncertain times.

Once you have read the information, feel free to try the exercises if you think they might be helpful to you. It's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you.













Wishing you well,

Dr Matthew Whalley & Dr Hardeep Kaur

Look after your Body, Mind and Soul

Below are ten top tips for happiness!

Be creative with number 2!

<h2>Mental Wealth</h2> <p>Your mental WEALTH is our priority. We want it to be your priority too. Please please please look after yourself! We want you firing on all cylinders. Your family and friends do too! Here are 10 tips on how to SHINE at work and home...</p>	<h3>1. Eat, Move & Sleep.</h3>  <p>The first base of mental health is to look after your physical wellbeing. Treat yourself to a healthy breakfast and don't forget your 2-a-day. Take regular exercise. Join a gym, cycle, jog, stretch, do yoga, take the stairs, go for a walk at lunchtime... do whatever it takes to keep your body moving. Ban all laptops, phones and TVs from your bedroom and get your full 8 hours.</p>	<h3>2. Socialise.</h3>  <p>With actual real people. Human beings are social creatures. Your happiness is strongly linked with friendship and family so spend more time with real people and less time with social media ones.</p>	<h3>3. Choose to be Positive.</h3>  <p>Your attitude travels with you so upgrade to enthusiasm and can-do. Not unbridled 'Wooloo, don't you just LOVE Mondays' (that might be a step too far!) but tackle each day with an air of optimism and enthusiasm. Positivity doesn't mean problems disappear but it does make them a whole lot easier to deal with.</p>
<h3>4. Be Grateful.</h3>  <p>Gratitude is like fertilizer for happiness. Marvel at what you have got rather than grumbling about what you haven't. If in doubt, write a list of 10 things you really appreciate but take for granted.</p>	<h3>5. Play to Your Strengths.</h3>  <p>Work out what your strengths are and find opportunities to bring them to the fore.</p>	<h3>6. Be Kind.</h3>  <p>Kindness is a super-power. Catch people doing things well and tell them. Do random acts of kindness. Doing a good deed for someone else is a sure fire way to make them, and YOU, feel amazing.</p>	<h3>7. Get Organised.</h3>  <p>Modern life is fast and hectic. Cut your multi-tasking. Get Focused by prioritising what needs doing, then single task through your list.</p>
<h3>8. Work Sensible Hours.</h3>  <p>Forget work/life balance and install a life/work balance instead. We want you to be happy. We want you to have a brilliant life. Work productively. Give your all. Then go home and give your all there too.</p>	<h3>9. Be Your Own Bestie.</h3>  <p>You know that shrill voice in your head - the shouty one that tells you what an idiot you are... everyone has it. Human thinking is biased towards negativity so learn to dispute your thinking. Catch yourself doing things well. Change the narrative. You are amazing. Tell yourself that, because it's true!</p>	<h3>10. ASK for Help.</h3> 	<h3>#Fact:</h3>  <p>The average lifespan is 4000 weeks. We want you to live it fully. Life is a short and precious gift, don't send it back unwrapped.</p> <p> www.artofbrilliance.co.uk</p>

Stress Survival guide

crazyheadcomics

BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout - your mental health comes first

Write a Journal

Perhaps it time to write a journal?

Use it to:

- gain a different perspective
- put your thoughts and feeling in order
- vent strong emotions
- recognise your achievements
- make decisions
- discover patterns in your life
- record memories
- Increase well-being

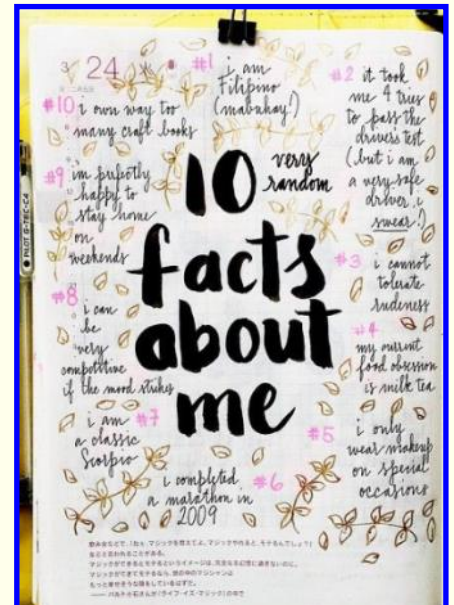
What to write about?

If you are not sure where to start with your journal here are some ideas on the kind of things you can write about:

- Your day
- Something in the media that you had a reaction to
- Your past
- Your hopes and dreams
- Your worries
- Your achievements
- Your values

The list is endless.

Once you start to write you will find yourself coming up with more and more ideas on what you can reflect on in your journal.



And an extract from a famous journal! Samuel Pepys Diaries—
London 1664

“On hearing ill rumour that Londoners may soon be urged into their lodgings by Her Majesty’s men, I looked upon the street to see a gaggle of striplings making fair merry, and no doubt spreading the plague well about. Not a care had these rogues for the health of their elders!”



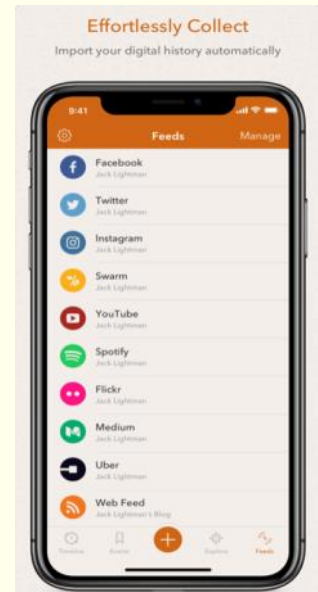
Write a Digital Journal

And here's a very easy way of creating a digital journal/memory book.

<https://apps.apple.com/gb/app/momento-diary-journal/id980592846>.



Momento - Diary / Journal 12+
Capture your life story
d3i Ltd
#196 in Lifestyle
★★★★★ 4.5, 242 Ratings
Free - Offers In-App Purchases



We hope you have found the journal useful and uplifting:

If you have any suggestions for further content, please email:

Technology and IT: James.wright@lancashire.gov.uk

Well-being: Debbie.boughen@lancashire.gov.uk

Well-being: Ruth.ross@lancashire.gov.uk

Reading and Research: Sarah.watson2@lancashire.gov.uk

Reading and Research: Marie.bamber@lancashire.gov.uk

And, to end on a smile...



Cards available from:

<https://www.rosiemadeathing.co.uk/>

