

WOW

Working On Wellbeing



LET'S TALK.. ANXIETY

Anxiety is what we feel when we feel worried, scared, tense or afraid. This can be focused on when things are about to happen or things we think could happen in the future.

Anxiety is a natural human response when we feel under threat. We can experience anxiety through our thoughts, feelings and sensations.

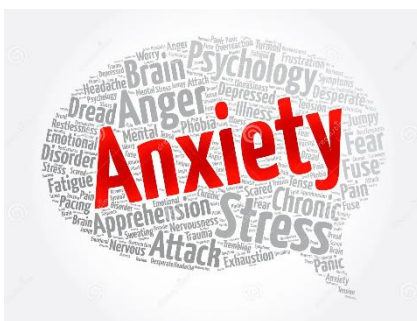
Most of us experience anxiety at times. It is very common to feel anxious during stressful events or life changes, especially if they have a big impact on your life.

When does Anxiety become a problem?

If anxiety is affecting your ability to live your life as fully as you want to.

For example, if;

- Your feelings of anxiety are very strong or last a long time
- Your fears or worries are blown out of proportion of the situation
- You avoid situations because they make you feel anxious
- Your worries are distressing and hard to control
- You feel your everyday life is suffering e.g you are unable to do things you enjoy
- Regularly experiencing symptoms of anxiety e.g panic attacks



Common causes of anxiety;

Sometimes it is clear what is making us feel anxious. However other times it can be hard to pinpoint what is contributing towards this. No matter what causes you anxiety, your feelings are valid.

Some common things that may cause anxiety;

- Exams
- Money
- Change or uncertainty such as starting something new
- Relationship with friends or family
- Coping with grief, loss or trauma
- Social media and the news

Symptoms of anxiety;

In our bodies;

- Heart beating fast
- Feeling light headed/dizzy
- Shaking or trembling
- Sweating more than usual
- Struggling to breathe

Our feelings;

- On edge/nervous
- Overwhelmed
- Self-conscious
- Worrying something bad is going to happen

Our behaviour;

- Finding it difficult to concentrate
- Change in appetite
- Tense or fidgety
- Struggling with sleep
- Panic attacks

MENTAL HEALTH MYTH BUSTERS

- **Unless you have panic attacks, you don't suffer with anxiety-** ❌ Incorrect. Everyone's experience of anxiety or anxious feelings looks different.
- **Anxiety is not a real illness-** ❌ Incorrect. Some anxiety is natural, some may even be helpful. However natural anxiety is considered an illness when it starts to cause disruption in everyday life.
- **People with anxiety should avoid stressful situations-** ❌ Incorrect. Stress is unavoidable in certain aspects of life. If we avoid stressful situations because we feel increased levels of anxiety then we would never learn to cope with this feeling. We can't let our emotions stop us from living our life.

Breathe in for 5 seconds
Hold in for 5 seconds
Breathe out for 5 seconds

Helping you cope with anxiety;

Whatever it is that may be causing you anxiety there are ways to cope. This feeling won't last forever.

- Focus on your breathing and your body
- Exercise; this doesn't have to be excessive exercise, it could be as small as going for a 20-minute walk when the anxiety hits.
- Grounding techniques
- Try to recognise negative thoughts
- Remind yourself that things can and will get better
- Focus on the positives
- Give yourself time to worry; give yourself a slot of time (10/20 minutes) to focus on these worries. Write down these worries-no matter how big or small.
- Talking about things-to friends, family or a trusted adult
- Visit your GP

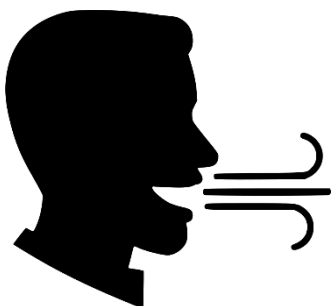
5 Things you can see

4 Things you can touch

3 Things you can hear

2 Things you can smell

1 Thing you can taste



WELLBEING NEWS!!

We celebrated World Mental health day this half term-10th of October. We got involved in Young Minds campaign 'Hello Yellow' which encourages people to dress in yellow to show young people we support them with their mental health. Here are some of our staff in their yellow outfits! We raised **£65.27!**



To support Mental Health day form tutors also practiced some breathing techniques during tutor times to demonstrate to students how they can cope when feeling distressed.

We also joined in with 'Wear it Pink' day for Breast cancer awareness on the Friday the 20th of October!



GETTING SUPPORT

- ChildLine-0800 1111 (Free and confidential)
<https://www.childline.org.uk/>
- <https://www.youngminds.org.uk/parent/>
- <https://www.youngminds.org.uk/young-person/>
- <https://www.samaritans.org/>
Samaritans- Call 116 123 (24/7)
- SHOUT 24/7 text service-Text SHOUT to 85258
<https://giveusashout.org/>

If you or your child need support in school for anything please contact the below members of staff

Form Tutors (Anlaby):

7A-Mr Fredrick	9D-Mr Lawson
7B-Mr Ward/Mr Belcher	10A-Ms Oliveira
7C-Miss Houghton	10B-Mrs Brittain
8A-Miss Sykes	10C-Mr Stanley
8B-Mrs Johnson	10D-Miss Hamlett
8C-Mr Halls	11A-Mr Branston
9A-Mr Hagger	11B- Mr Hall
9B-Mr Price	11C- Ms Macnamara
9C-Mr O'Neil	

Student Support Team:

Miss McNeil-KS3 Pastoral coordinator
Miss Hales- KS4 Pastoral coordinator
Mr Lawson-HLTA Behaviour& Engagement KS3
Mr Matthews-HLTA Behaviour& Engagement KS4
Miss Cath Mounsor-HLTA (Welton)
Miss Bird- Emotional Wellbeing Lead (Anlaby)
Mrs Rainforth- Emotional Wellbeing Lead (Welton)

Senior Leadership Team:

Paul Grimes-Executive Headteacher
Genevra Austin-Interim Headteacher
Mr Rollo-Assistant Headteacher
Miss Howard- Director of Learning (SEND)
Mr Badman-Director of Learning (Welton)
Mrs Asvadi-Director of Learning (Welton)

Form tutors (Welton);

SS1-Miss Ashenden /Miss Davies
SS2-Mr M Walker/Mrs Revell
SS3-Mr Derrick/Mrs Stewart
SS4-Miss Anderton/Mrs Gregory