



Whitstable Junior School

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Friday 22nd January

Dear Parents and Carers,

Hello and welcome to our second **Feel Good Friday** letter of 2021!

This week on The Nest Google Classroom, we have been sharing self-care tips for the children. We thought it might also be helpful to share some ideas of what we as adults can do to look after our own physical, mental, and emotional health. Completing self-care acts can enhance our well-being and help us become more able to cope with stress.



Physical

- Try to develop a regular sleep routine – most adults need 7 or more hours a night
- Aim for a healthy diet, but don't beat yourself up if you want a treat!
- Take a daily walk to get some exercise, fresh air and daylight



Social

- This aspect of self-care is particularly difficult at the moment, especially if you are the only adult at home. Just as we would if we could meet friends in-person, try setting a specific time to meet online with friends regularly
- Think of other ways to feel close to those you are missing – putting up more photos at home of loved ones might help

Emotional

- Notice and express any difficult feelings in a positive way for you – this might be sharing with a trusted partner or friend, keeping a journal, or releasing the emotions through sport or exercise
- Give time to positive feelings too – write down three good things that have happened each day

Mental

- This includes doing things that fuel your mind – reading, watching a film you love, even playing a game that engages you
- Turn off work notifications outside of the working day



Spiritual

- For some, this involves attending to religious beliefs, but this can also just be having a sense of meaning beyond our day-to-day lives
- You might find that yoga or meditation allows you time to yourself to reflect



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Some of these ideas may seem obvious, but it is easy to prioritise other tasks or lose routine when we are stuck at home. We need to take care of ourselves so that we can continue to provide the best care for others!

Have a lovely weekend and we'll be back next week with another Feel Good Friday letter.

Best wishes,

Shannon, Leanne and Ms Collin

The Well-Being Team

TAKE CARE



OF YOURSELF



INFLUENCING
SUPPORTING &
CONNECTING

