



## Wildern Wellbeing

Hello and welcome to November's Wellbeing Newsletter!

As we settle back into school we would like to continue to work with you to provide new and inclusive techniques to enable our students to thrive and also to be able to support families and the wider community...



In this newsletter you will find advice, guidance and signposting to various agencies, support groups and charities on a whole range of topics and needs which we would encourage you to visit and use.

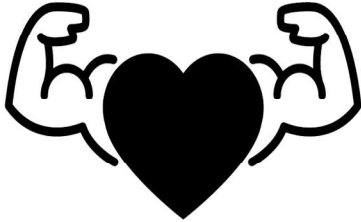
I really hope you find this useful and if there is an area of support you would like more information on please do not hesitate to email me on [wellbeing@wildern.org](mailto:wellbeing@wildern.org)

I look forward to hearing from you.

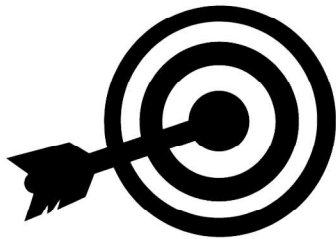
Many Thanks  
Mrs Dunn  
Head of Student Services



**Imagine** with all your mind



**Believe** with all your heart



**Achieve** with all your might

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## Top tips to get to sleep and sleep better



### Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



### Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



### Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.



### Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.



### Move more, sleep better

Being active can help you sleep better.



### Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.



# Hampshire and IOW CYP Crisis Line

Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone and email support  
for Children and Young  
People aged 11 – 17 years old.

Who are experiencing  
mental health crisis and  
living in Hampshire or the  
Isle of Wight.



Immediate access to...

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites



 **mind** | Havant and  
East Hants

Freephone: 0300 303 1590  
[cypcrisisline@easthantsmind.org](mailto:cypcrisisline@easthantsmind.org)

**NHS**

## MENTAL HEALTH

### IS...

- Important
- Something everyone has
- Intrinsically linked to (and probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

### ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news

