



Happy Easter!

Warwickshire School Health Update
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Compass



A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

Useful links

Coronavirus family guidance

Coronavirus (COVID-19) guidance:
nhs.uk/conditions/coronavirus-covid-19

Information for Warwickshire families:
warwickshire.gov.uk/fis

Support accessing food:
cutt.ly/accessing-food-advice

Activities to do with children during social distancing and self-isolation

cutt.ly/cbeebies-indoor-activities
cutt.ly/kids-nature-activities
cutt.ly/free-craft-activity-packs
cutt.ly/bbc-home-activities-for-kids

Keeping families active at home

cutt.ly/joe-wicks-pe
cutt.ly/dance-with-oti

Emotional and mental health resources

For children and young people
Young Minds Coronavirus support:
cutt.ly/young-minds-coronavirus

RISE resources: cwrise.com

For parents/carers

Coping calendar:
actionforhappiness.org/coping-calendar

Advice from BACP on coping with anxiety about the outbreak:
cutt.ly/anxiety-about-outbreak

Coronavirus courses for all ages which cover managing mental & physical health
recoverycollegeonline.co.uk/your-mental-health/coronavirus





This week's feature: Stress Awareness Month 2020



April is Stress Awareness Month. With everything happening at the moment, we think it's a really important time to talk about stress, including how to recognise and deal with stressful situations.

What is stress?

Stress is our bodies reacting to a situation we see as a potential threat. This response, also known as our 'flight or fight' response, can be useful as it can keep us alert and help us avoid the threat. However, when the situation causing the stress isn't resolved quickly, it can give us negative feelings. This might include headaches, a bad stomach, pains in our chest, and/or mental and emotional problems like anxiety, panic attacks and feeling angry or sad.

Recognising when you feel stressed

Lots of situations can cause stress. Arguing with friends or family, taking exams, or a life event like starting a new school are just a few possible examples. Coronavirus might make you feel stressed because you are worried about a family member, or because you don't know how long you will have to stay at home for. It's important to remember the situation is temporary and that most people who get the virus don't have serious symptoms. But it's still a difficult time, so be kind to yourself: do some baking, watch your favourite film, or do something else you enjoy.

What to do if you feel stressed

Stress can often make it hard to think clearly. The STRESS anagram can help you process your feelings and cope with the situation:

- S** = **STAND BACK.** Try to remove yourself from the stressful situation.
- T** = **TAKE A DEEP BREATH** and count to 5. 
- R** = **RELAX.** Do something that relaxes you, like singing or drawing.
- E** = **EXERCISE.** Go for a walk, or put on some music and dance around! 
- S** = **SLEEP.** A good night's sleep can improve your mood.
- S** = **SPEAK.** Talk to someone, share your emotions, and ask for advice if needed. 

Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing. Please get in touch using the details below for free, confidential advice.




Parents/carers

 Service mainline: 03300 245 204

 Text Parentline: 07520 619 376

Children/young people aged 11-19 years

 Text Chathealth: 07507 331 525



www.compass-uk.org/services/warwickshire-school-health-wellbeing-service