



Manor Academy
Aspire Achieve Excel

Well Being Matters

Issue 6 – 18th May 2020

Hi everyone, and welcome to issue 6 of our student newsletter.

This week (18-24 May) is Mental Health Awareness Week, and this year is probably more relevant than ever as we continue to experience differences to our 'normal' lives. If we were in school we would be having assemblies and tutor time discussing mental health and maybe even some fundraisers to support the foundation, but here I will try and share some of the things we would have discussed in school. Stay Safe!
Mrs Meredith :-)

Kindness Focus

The theme for mental health awareness week is kindness, and more than ever it is really important that we try to be kind to each other. It has been proven that kindness strengthens relationships and deepens solidarity (sympathy towards our group/family members). Research has proven that kindness and mental health are deeply connected. Kindness helps to reduce stress, gives you a fresh perspective and creates a sense of belonging.

Make sure you try and carry out one act of kindness at home each day—it can be something simple but will help you and others feel better. Also, be kind to yourself by making sure you take care of yourself—don't live in your PJ's all day and keep your room tidy—it will help you!!!

Your worries:

Remember you can contact us on this email if you need any support with your wellbeing:

wellbeing@themanor.notts.sch.uk

Mental Health Foundation– Stress Container

Stress is the body's natural response when it senses danger, and everyone experiences some stress, it's completely normal. But too much stress for too long can interfere with our lives and make us ill.

The stress container can help you understand your stress levels and give you some useful techniques for how to manage your stresses.

Stress flows into everyone's container and the more stress we're under the faster our container fills up. When your stress levels build up, the container overflows and issues develop. Some common signs our container is overflowing includes irritability; tearfulness; indecision; inability to concentrate; frequent tiredness, headaches or stomach upset.

Being active, finding time for hobbies and talking to friends are all helpful methods to help.

[Explore your stress container here.](#)

