School Nursing Weekly Newsletter: Covid19 edition

If you're aged between 11-19 years old and live or attend school in London Borough of Hounslow and you would like to speak to the School Nursing Team during the COVID-19 outbreak, please phone 020 3691 1012 or email hrch.hounslowschoolnurses@nhs.net for free confidential health advice and support between Monday – Friday 9am – 5pm.

School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's health message;

★ Routine & Mindfulness

Routine

Due to current quarantine and distancing measures you are likely to see a disruption to your daily life. Routine and structure can help improve mental health, by creating a comfortable and familiar space. But remember to be flexible and patient with yourself as it can take time to adjust to a new routine.
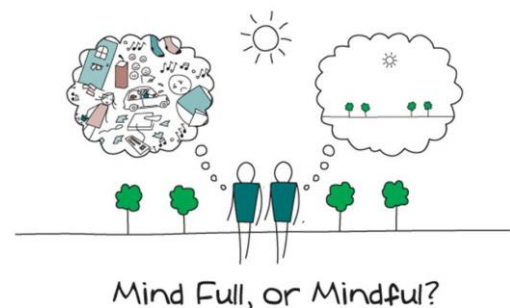
When creating a positive new routine consider: productive activities such as school work, chores and exercise; hobbies such as reading, games, puzzles, art; socialising via phone/ video calls, social media, letters etc...; learn a new skill or try a new hobby!

Mindfulness

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment. It aims to help you: become more self-aware, feel calmer, less stressed and more able to choose how to respond to your thoughts and feelings. Focusing on your body and your breathing), you can:

Mind Full, or Mindful?

- Notice how thoughts come and go in your mind. You may learn that they don't have to define who you are, or your experience of the world, and you can let go of them.
- Notice what your body is telling you. For example, tension or anxiety can often be felt in your body (such as in a fast heartbeat, tense muscles or shallow breathing).
- Create space between you and your thoughts, so you can react more calmly.

London Borough of Hounslow

ChatHealth

NHS
Hounslow and Richmond
Community Healthcare
NHS Trust

⭐ **Find out more and visit;**

- Routine
- Mindfulness
- Mindful activities
- Mental Health and Wellbeing
- National Smile Month

⭐**Try this at home;**

How to Create a Personalised Routine:

1. Make a list – All tasks to complete for the day (e.g. school work, chores, exercise, video call friends).
2. Structure your day – Assign tasks to either morning, midday, evening.
3. Set alarms/ reminders – use an alarm clock, phone or other device to wake up and complete tasks on time.
4. Be specific – Use half hour or hour intervals as a guide for your tasks
5. Be flexible – Things don't always go as planned, but be persistent and you will develop a routine.
6. Take time – Remember that routines can take time to become habit and feel normal.

Mindfulness exercises

- Mindful eating
- Mindful moving, walking or running
- Body scan.
- Mindful colouring and drawing
- Mindful meditation

Different things work for different people, try different exercises to find which works best for you and are easier to fit in with your routine.

⭐Remember: Maintain a Routine & be Mindful!