



PSHE leads' bulletin

Special: December 2021

ghll@gloucestershire.gov.uk

Message from GHLL

We are fast approaching the end of the Autumn Term and what a rollercoaster it has been.

Physical and emotional health and wellbeing is very much at the forefront of our minds so we bring to you this special bulletin to see you mindfully into the festive period.

We know the holiday season is not always a happy time for everyone, so this edition is designed to help you support your students and yourselves to have a calmer and less stressful time.

GHLL have some exciting courses coming up over the next couple of months, so check out the [training pages](#) of our website and get in touch if you would like to attend one of our sessions. They are booked on a first come first serve basis, so be quick to enrol to guarantee yourself a place.

On behalf of all the team at GHLL, we would like to take the opportunity now to wish you all a very happy and healthy Christmas and New Year. You are all amazing!

As always, the GHLL team is available to support you and can be contacted at ghll@gloucestershire.gov.uk

Best wishes Fiona and the GHLL team.

P.S We look forward to seeing you in 2022



Relaxing and calming exercises



If you are feeling anxious, scared or panicked there are many things you can do to help yourself cope. A common – and natural – response to anxiety is to avoid what triggers your fear, so taking any action might make you feel more anxious at first. It can be difficult, but facing up to how anxiety makes you feel can be the first step in breaking the cycle of fear and insecurity. Here are some simple exercises you can try that might calm you down.

[Relaxing and calming exercises | Mind, the mental health charity - help for mental health problems](#)

How can staff be supported?

Our printable guide can help pupils acknowledge how they might be feeling and why. Christmas can be stressful, so have a go at playing our self-care stocking and tick off all the activities you have done to look after yourself.

> [Download printable guide](#)

> [Download self-care stockings](#)

YOUNGMINDS



How do I support my students at this time?

Your wellbeing advent calendar is here! Quick daily activities you can do throughout December to boost pupils' wellbeing. Our tangled ball activity will also help pupils express and identify their feelings in the lead up to the holidays.

> [Download the advent calendar](#)

> [Download tangled ball activity](#)



Supporting Parents and Carers

Our quick and effective snowflake activity can help families display how they are feeling, then reflect and discuss this together. If you are experiencing loss, visit our Parents A-Z guide for information and advice.

> [Download the feeling snowflake](#)

> [Visit our Parents A-Z guide](#)



Burnout: Recognising the signs and protecting yourself



[How to spot burnout in teachers \(educationsupport.org.uk\)](https://educationsupport.org.uk)

The building blocks of good mental wellbeing



[The building blocks of good mental wellbeing \(educationsupport.org.uk\)](https://educationsupport.org.uk)

Employee Assistance Programme

Health Assured provide free confidential telephone counselling, accessible 24/7, 365 days a year.
0800 030 5182



December Kindness 2021

SUNDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

MONDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

TUESDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

WEDNESDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an older neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

THURSDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

FRIDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2022

SATURDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together

