

# Learner wellbeing

W/c 31<sup>st</sup> March 2020



Sponsored by  
Dudley College of Technology



# Content

1. Help
2. Mind set
3. Wellbeing
4. Laughter
5. Breathing exercise
6. Eating healthy recipe
7. Are you sleeping well?
8. Exercise
9. Managing the lockdown?



Sponsored by  
Dudley College of Technology



# ***We are all in this together...***



- To help you through these difficult times we have put together some ideas that might be useful.
- Together, we can get through whatever the coming weeks and months throws at us.



Sponsored by  
Dudley College of Technology



# Looking after your mental health



- You might find yourself feeling worried about the spread of coronavirus and its impact on you and your loved ones.
- These feelings are normal and it's important we acknowledge them and remind each other to look after our physical and mental health.



Sponsored by  
Dudley College of Technology



# Help...



- There are steps you can take to look after your mental health and wellbeing. A number of organisations have published guidance on mental health considerations relating to the coronavirus outbreak, including:
  - [Mind](#)
  - [Young Minds](#)



Sponsored by  
Dudley College of Technology



# Task...

- Using the headings shown, write down as many positive things about yourself as you can. Ask your friends and family for their input.
- You are amazing – look at the evidence!!!



## How many positives can you think of?

Fill in the shapes with as many positives you can think of.  
E.g. "I am brave, kind, caring..."

I AM

---

---

---

---

---

I HAVE

---

---

---

---

I CAN

---

---

---

---



Sponsored by  
Dudley College of Technology



# Mindset



- Mind set - a strong and positive one - is essential to developing healthy self-esteem.
- It is an important tool that affects our attitudes and feelings about ourselves.



Sponsored by  
Dudley College of Technology



# Mindset...



- “It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.”
- Germany Kent

# What are you grateful for?

## Task

- What are you grateful for today?
- Make a list and pin it to your wall/door. Look at it every day, add to it when you can.





# Positive Attitude...



- Positive thinking is very beneficial for our mental health because it eliminates any form of paranoia and negative thoughts that can cause depression and stress.
- Those who think positively feel happier and more contented with their lives.



Sponsored by  
Dudley College of Technology



# *Practical Tips to Achieve a Positive Mind set*



- Start the day with a positive thought. ...
- Focus on the good things, however small...
- Find humour in bad situations. ...
- Turn failures into lessons. ...
- Transform negative self-talk into positive self-talk. ...
- Focus on the present. ...
- Find positive friends and mentors



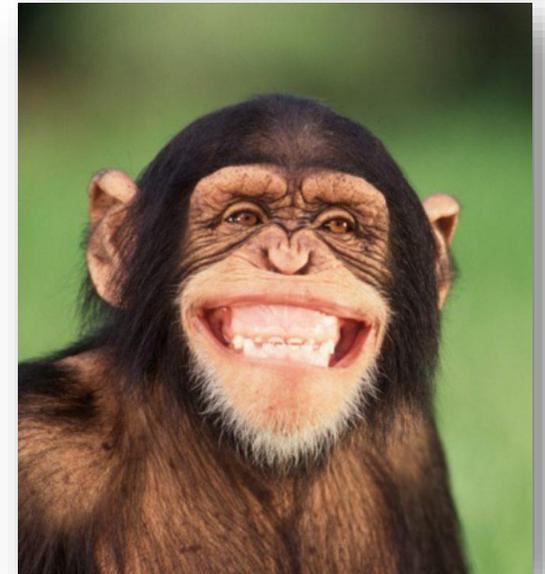
Sponsored by  
Dudley College of Technology



# Laughter...

## Laughter is the Best Medicine

- It's fun to share a good laugh, but did you know it can actually improve your health?
- Laughter boosts the immune system.
- Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.



# Laughter...

Tell a silly joke

Play a game



## Ice Cube Game

– Description: Hand out ice cubes to everyone. When the game starts, players can try everything they can to melt the ice cube quicker than their opponents. They can rub it between their hands or on their shirt, or blow on it. Whoever melts it first wins! No cheating (you cannot put it in your mouth or stomp on it or use equipment to melt it).

# Breathe

- Breathing techniques are key in helping you relax,
- overcome anxiety and enhance your general wellbeing.
- You can [practice pursed lip breathing](#) at any time.
- Relax your neck and shoulders.
- Keeping your mouth closed, inhale slowly through your nose for 2 counts.
- Pucker or purse your lips as though you were going to whistle.
- Exhale slowly by blowing air through your pursed lips for a count of 4.
- Repeat for a few minutes every day.



# Healthy eating



## Protein Pancakes

- 4 bananas
- 2 eggs
- ¼ teaspoon baking powder
- 2 tablespoons peanut butter powder (extra taste)
- Toppings of choice

## Instructions

- In a bowl, mix the banana and egg together.
- Heat a non-stick frying pan over a medium heat. Mist with calorie controlled cooking spray.
- Drop a ladleful of the batter into the pan and swirl.
- Cook for 2 minutes until golden; flip and cook for another 2 minutes. Repeat.
- Serve each pancake with topping of choice (fruit, yoghurt, ice-cream, honey etc)

# Sleeping



- Get natural light — especially in the morning.
- You want to expose yourself to the blue of the morning and early afternoon sky.
- Spend as much time in the garden as you can.
- Take your daily walk outside – whilst remaining 2m away from other walkers.
- When studying, position your desk to face the window. Open the blinds. Sit in front of a window.
- Read, listen to music, or do a crossword puzzle while exposing your eyes to this type of healthy light.

# Exercise

– 15 minute session for beginners.



**15-MINUTE  
NO-EXCUSES  
BEGINNER'S WORKOUT**

0:02 / 15:51

The Best 15-Minute Beginner Workout – No Equipment Needed | Class FitSugar

# *Tips to manage your day...*

- Arrange lunch within your house hold.
- Set the table.
- Video call friends or family.
- Talk to each other.
- Enjoy.



Sponsored by  
Dudley College of Technology



# Remember...



Sponsored by  
Dudley College of Technology



# Learner wellbeing

W/C 31<sup>st</sup> March 2020



Sponsored by  
Dudley College of Technology

