

# Wellbeing Newsletter

Created by the AGGS Wellbeing Ambassadors



## Struggling in the winter months...

As winter is fast approaching, the days are becoming darker and life can feel very repetitive. When you wake up to dark mornings and come home after school to dark evenings, it can feel as if the day is passing you by and you are not doing very much. This can lead you to feeling more down than usual and perhaps experience even more anxiety, as your usual coping mechanisms, such as walks, runs or outside activity is limited. These feelings can also be heightened by new local Covid-19 restrictions, which again can make you feel as if we have nothing to look forward to as coronavirus seems to be consuming our lives at the moment.

We want to assure you that these feelings are completely normal and expected; it is common to feel more down than usual at this time of year anyway and especially under these strange circumstances.



Tips for how to cope during the winter months...



Tips for coping with exam stress and revision



Christmas Activity Ideas

Here are some tips to help you cope with the upcoming winter months:

- Get as much exercise as you can. Try your best to make time for walks/runs outside, but also keep up with any fun, physical activities you attempted in lockdown, such as yoga, dance, hula-hopping etc.
- Practise daily gratitude. We mention practising gratitude often in these newsletters but writing down everything you are grateful for that day can really help you to focus on the positives, and not so much on the difficulties.
- Remember that everything is temporary. The winter months will pass, and so will Covid-19. They may take a while to happen but try to remember that there will be a time when this has passed.
- Practise destressing activities, such as meditation. Meditation can help you to appreciate the place you are in right now and focus on your own mind and body. Even only doing a short five-minute meditation once a day can greatly boost your mood.
- Try to raise your moral. At the start of lockdown, we all stuck together to boost everyone's moral and keep everyone busy. You could potentially start organising group facetimes or zoom quizzes with friends who you may not be able to see because of lockdown restrictions or even organise online challenges and activities that you can all do, very much like how we did at the start of lockdown.



This has been a very difficult few weeks for many, from adjusting to being back at school along with all the ups and downs regarding new rules and exams. We just wanted to remind you to be kind to yourselves and try to stay as positive as you can!

## Top tips for coping with exams & revision

-Keep your study time and your relaxation time separate from each other (e.g. don't watch films "in the background" while you're revising)

-Be realistic - there is no point in setting unrealistic goals about revising for hours each day; you are much more likely to get things done when you set a small amount of reasonable goals

-Use various revision methods (don't just copy and read your notes!)

-Practise, practise, practise - Practice questions and mark schemes are the key to success

-Find a suitable work environment- working in your bed is probably not going to be the most productive way to revise. Sit at a desk or a table in a quiet room (although we recognise for some people, getting peace and quiet is easier said than done!)

-Figure out when your best time is - Some people prefer to work at night or straight after school. Whenever that is for you, work it out and stick to starting at that time to prevent you from procrastinating and putting it off until the last minute.

-Take your revision in small chunks - If you try to revise the whole specification at once you will quickly get overwhelmed and unmotivated

-Avoid using your phone "for revision" if possible - you will most likely get distracted

-If you are going to study with friends, first consider how productive you will be when working with them- a good friend does not always equal a good study-partner

Do your best!

With December and the end of the year looming, and the Christmas adverts already on TV, we can safely say that, in mid-November, the Christmas season has started! This year has been a bumpy ride for all of us, and what better way to feel a bit happier and get in the festive spirit with some fun activities? Here is a list of things for you to do during this holiday season.

## Christmas Activities Ideas

- Baking – gingerbread (maybe you could get creative and have a go at making a gingerbread house), Christmas pudding, brownies, cake pops (you could try decorating them like snowmen or reindeer).
- Christmas card making
- Decorations – try making bunting in the shape of snowmen or make your own baubles.
- Paper snowflakes
- Christmas jumper competition with family
- Christmas quiz night virtually
- Christmas film night, recommendations:
  - Elf
  - Home Alone
  - Arthur Christmas
  - The Grinch
  - Nativity
  - A Christmas Carol
  - The Nightmare Before Christmas
  - The Polar Express
  - The Nutcracker and the Four Realms
- Christmas scrapbook
- Christmas shopping
- Make a Christmas playlist
- Christmas game night:
- Pictionary
- Charades
- Read a Christmas book
- If you play an instrument learn to play a Christmas carol or you can sing one

