



# VISYON CONNECT

Thursday 2<sup>nd</sup> April 2020

We hope you are keeping well in these uncertain times. Here at Visyon, we are finding many new ways to stay connected and look after each other...we're having social lunches via Zoom, daily stretching with our resident Yoga teacher Beth and the VETs team are meeting regularly to discuss how we can best support you in the current climate. We like to call it 'physical distancing' not 'social distancing'!



We'd love to hear how you are keeping connected with each other and with your students. You can email [beverley.goodwin@visyon.org.uk](mailto:beverley.goodwin@visyon.org.uk) with your ideas and we can share them on our fortnightly newsletter to schools: **VISYON CONNECT**.

In light of the very recent Government guidance (which you can read in full here): <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

It is really important we look after our own mental health and that of the young people that we work with. We will be sending some tips and latest information for how you can do this. We recognise the importance of young people accessing academic learning but alongside this they need to feel well in themselves and also have access to help and support to cope with the unique challenges and myriad of feelings that will arise over the coming months.



## 5 WAYS TO WELLBEING



<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Please share links with your young people and staff as a reminder to look after themselves and how they can do this. Maybe you could set a challenge for children and young people to email in photos of how they have been looking after their wellbeing and mental health? This could then be celebrated on the school website and when they are back in school? What better way to start back in school than with a celebration of how well the children coped, thrived or even only just survived....all of which are a part of being resilient! We like the saying 'Strong Not Tough'!



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The following are some tips you could send to your young people on staying connected and keeping a routine:

## HAVING SOME STRUCTURE.....



1. Decide on a routine.
2. Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.
3. Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.
4. If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.
5. Think about how you'll spend time by yourself at home. For example, plan activities to do on different days or habits you want to start or keep up.

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## CONNECT WITH PEOPLE



1. Keep in touch digitally
2. Make plans to video chat with people or groups you'd normally see in person. You can also arrange phone calls or send instant messages or texts.
3. If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.
4. Think of other ways to keep in contact with people while meeting in person is not possible. For example, you could check your phone numbers are up to date, or that you have current email addresses for friends you've not seen for a while.



5. Connect with others in similar situations
6. Speak with someone you trust. If you are feeling anxious about coronavirus or staying at home more than usual, you may find it helpful to talk about these worries with someone you trust, especially if they are in a similar situation.
7. You could join a peer support community. Mind runs an online peer support community called Elefriends, where you can share your experiences and hear from others.
8. If you're going online more than usual or seeking peer support on the internet, it's important to look after your online wellbeing. See our pages about online mental health for more information.

**If you're worried about loneliness:**

9. Think about things you can do to connect with people. For example, putting extra pictures up of the people you care about might be a nice reminder of the people in your life.
10. Listen to a chatty radio station or podcast if your home feels too quiet.

*With very warm wishes,  
The Visyon Education Team:  
Jo, Jo, Lisa and Beverley*

