

Wellbeing for Winter

As winter draws near and days get shorter and colder, it can be easy to let this affect your mood. However, it is important to look after yourself and your well-being over the winter months, finding ways to keep your spirits high and look after your health. Read on for some top tips.

Social Media and the News

If you are overwhelmed by the news or anxiety is triggered by it, it's probably a good idea to limit your exposure via all broadcast channels, including social media. However, there are benefits to staying connected via social media so if you want to stay connected in this way, a list of useful tips on how to use it wisely can be found in [this article from the Greater Good Magazine](#). Just remember, particularly at this time of year, it is very easy to compare yourself to others, but social media usually only shows the best bits of people's lives and you don't need matching pyjamas or mountains of presents to have fun in the festive season!



Find local mental health support...

- [BOLTON](#)
- [BURY](#)
- [MANCHESTER](#)
- [OLDHAM](#)
- [ROCHDALE](#)
- [SALFORD](#)
- [STOCKPORT](#)
- [TAMESIDE & GLOSSOP](#)
- [TRAFFORD](#)
- [WIGAN](#)



Did you know you can search for support by locality on the [Greater Manchester Health and Social Care Partnership website](#)? A list of local helplines is also available.

If you're struggling to sleep or simply want to introduce more mindfulness into your daily routine, try the [Insight Timer App](#) for guided meditations, podcasts, music and more.

For tips to improve low mood from the NHS, [the Every Mind Matters section](#) on the site includes helpful videos for re-framing negative thoughts and how to improve sleep.

Here at the Alliance for Learning we take Mental Health very seriously. Did you know we are running both [adult](#) and [youth](#) Mental Health First Aid training in 2023? Click on the links to find out more information.

Adult Mental Health First Aid
Two Day
Wednesday 19th & Thursday 20th April
(9AM - 5PM)

Our Mental Health First Aid (MHFA) training courses teach people to spot the symptoms of mental health issues, offer initial help and guide a person towards support. We don't teach people to be therapists, but we do teach people to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.

We have training options to suit a range of timescales and budgets, from basic mental health awareness sessions to a full Mental Health First Aider qualification. They are all designed to benefit employees, line managers, HR professionals, OH workers and senior leaders alike - to let all your people meet the challenges of the workplace head on.

Brought to you by:
BRIGHT FUTURES
Alliance
for Learning

Venue: Altrincham Grammar School for Girls
Cost: £325 per person

Youth Mental Health First Aid
Two Day
Wednesday 28th & Thursday 29th June
(9AM - 5PM)

Our Youth Mental Health First Aid (MHFA) courses are for anyone who works with, lives with or supports young people aged 8-18. We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

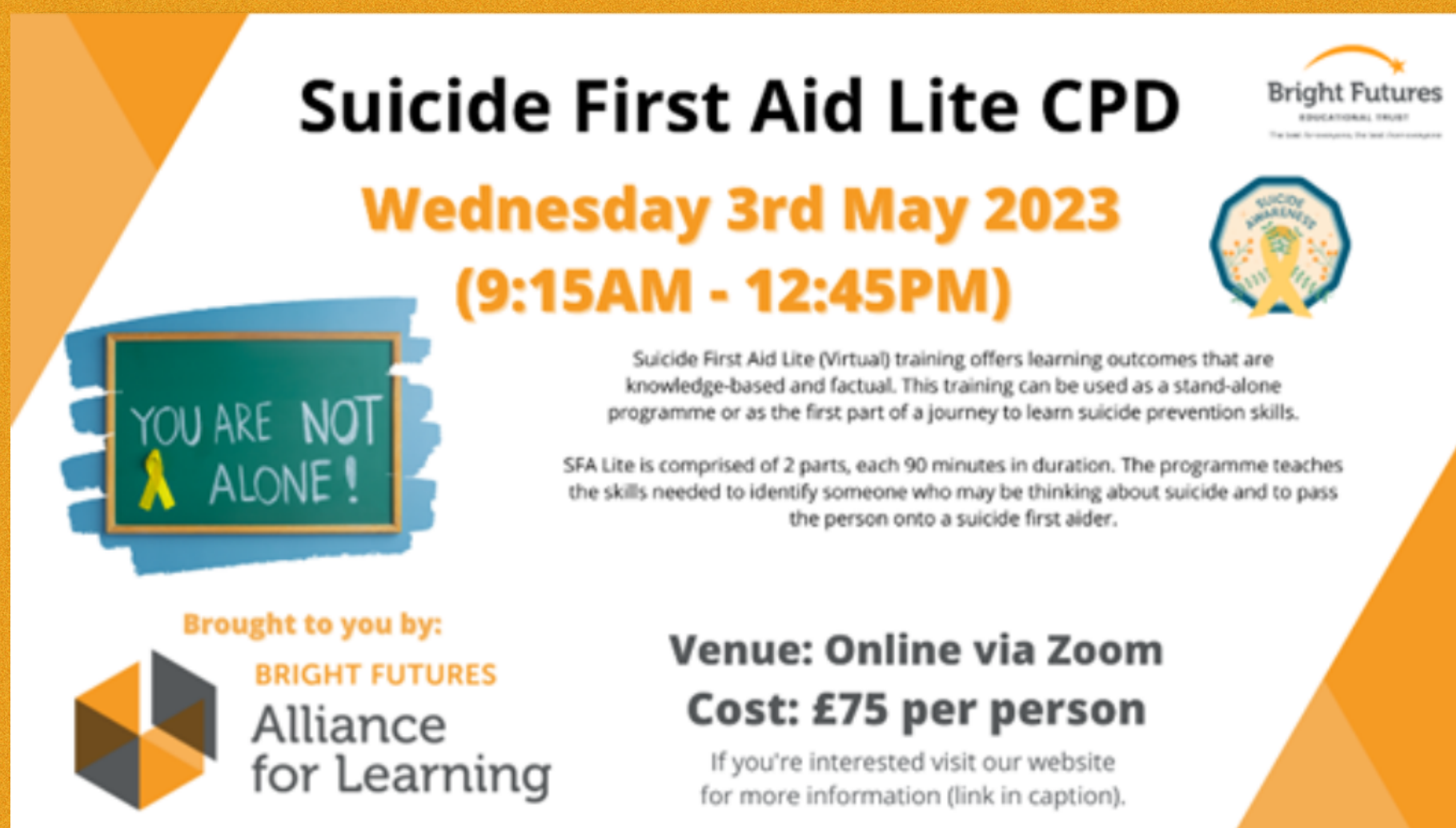
We hope that by giving people the tools to open up these conversations, we can empower them to create mentally healthy, supportive environments in their families, schools, youth groups and communities

Facilitated by Lisa Wisher

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Cost: £325 per person

In May, we are holding our Suicide First Aid Lite training which will train and inform on the skills to identify someone who may be thinking about suicide and how to pass them onto a skilled suicide first aider.



Suicide First Aid Lite CPD
Wednesday 3rd May 2023
(9:15AM - 12:45PM)

YOU ARE NOT ALONE!

Brought to you by:
BRIGHT FUTURES
Alliance for Learning

Venue: Online via Zoom
Cost: £75 per person
If you're interested visit our website for more information (link in caption).

Bright Futures
EDUCATIONAL TRUST
The Unit for Improving the Well-being of Children

SUICIDE AWARENESS

Suicide First Aid Lite (Virtual) training offers learning outcomes that are knowledge-based and factual. This training can be used as a stand-alone programme or as the first part of a journey to learn suicide prevention skills.

SFA Lite is comprised of 2 parts, each 90 minutes in duration. The programme teaches the skills needed to identify someone who may be thinking about suicide and to pass the person onto a suicide first aider.

Winter Wellbeing Recipe



Why don't you try making some delicious homemade soup for those cold winter nights. This tasty winter vegetable and lentil soup even provides four of your 5-a-day! The recipe can be found [here](#).

Tips for well-being and relaxation in winter

Read for pleasure

Put the school textbooks down and pick up a novel or even a magazine! Reading before bed is a great way to wind down too.

Indulge in TV

We don't mean the news! Choose a series on Netflix or grab your favourite box set and curl up on the sofa under a blanket for a chilled-out day catching up on all the programmes you'd like to see.

Exercise

It can be difficult to leave the comfort of your own home to brave the cold outdoors but it's great to get some fresh air on a lovely winter walk. If you'd prefer to stay indoors, why don't you watch some online fitness videos or even just put on some of your favourite Christmas songs and have a dance in the living room!

Sleep

Enjoy the benefits of some proper deep sleep and lie-ins where you've got nothing really to get up for (apart from to see if Santa has come on Christmas Day!)

Eat healthily

It's ok to indulge for a few days over Christmas (it's hard to resist when there's chocolate lying around) but try to make sure you are also getting lots of nutrition. Why don't you try our winter wellbeing recipe which has four of your 5-a-day.

Gratitude

It can be easy to get swept into consumerism when you look on social media, but it doesn't matter if you don't have a Christmas Eve box or colour-coordinated decorations, think of the things you are grateful for such as spending time with your family, having time off over Christmas or being able to catch up with friends.

Try a digital detox

Take some time off social media and the pressure to be online all the time. Do you really need to answer those emails or can they wait?

Meditate

Quieten your mind. Taking five minutes to close your eyes and focus on breathing is incredibly powerful. Slow, deep breathing taking longer breaths out, increases the oxygen in the blood, creating more energy in the body and improving mental clarity.

Have a Christmas film day

Whether you prefer the more recent films like The Christmas Chronicles, or a classic like Miracle on 34th Street, grab some treats and enjoy a Christmas movie marathon.

You are probably aware by now that The World Cup is currently taking place which can be a great time for people to come together and celebrate but sadly, research has found domestic abuse rates increase by 38% when England loses football matches and can also increase around Christmas as people spend more time with abusive partners, alcohol consumption is higher and families struggle financially. We are holding a Domestic Abuse and the Impact on Children and Young People training day to help you spot the signs that a child is living with domestic abuse but also to see how this can affect them and how they can then be helped on their journey to recovery.



Winter well-being blog

This blog was written by our very own Director of Development, Partnerships and Teaching School Hubs- Lisa Fathers. Lisa offers some great tips on winter well-being that are easy to implement.

Winter Craft Idea

Sometimes it can be difficult to keep the children entertained as it gets darker outside. Why don't you have a go at making your own Christmas decorations with this easy salt dough activity. They could even be given to friends and family as special, handmade gifts.

[Instructions can be found here.](#)



Keeping warm in winter

The recent energy crisis has got many of us thinking of smart ways to keep warm over winter. Here are some ideas you might want to try if you haven't already:

1. Layer up wearing multiple thinner items of clothing traps air between the layers which heats up and can make you warmer than wearing one thicker layer.
2. Wear fluffy socks- we lose most of our body heat through our extremities so keeping them warm is the most important thing to do.
3. Stop drafts- walk around your house and see if you can feel drafts anywhere. If you do, figure out a way to stop them such as by using a draft excluder.
4. Use a hot water bottle- this will keep you nice and toasty while on the sofa or you could put one in your bed just before nighttime to warm it up ready for when you go to sleep. Did you know you can also get hot water bottle slippers!
5. Exercise- a quick bit of exercise will warm you up and it's good for you too!

Did you know anxiety is the most common mental health issue for children and young people? We are holding a two hour zoom session to help you support your students who may be experiencing problems with anxiety.

Helping Children and Young People Manage Anxiety Thursday 15th June (9AM - 11AM)



Anxiety is the most common mental health issue with children and young people. This has been exacerbated with the current pandemic, with many more children feeling anxiety and those who already experienced it, finding their symptoms increasing. Our children's return to school is very likely going to present many of these issues in the classroom.

Brought to you by:



Venue: Online via Zoom
Cost: £45 per person

If you're interested visit our website for more information (link in caption).

Wellbeing Reviews

Through our network of LLEs, NLEs and SLEs, the Alliance for Learning are able to conduct a well-being review in your school to help you improve your provision and strategy. Please contact us for more information.



www.allianceforlearning.co.uk



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