

MENTAL WELLBEING!

PLEASE WATCH THIS VIDEO...

- <https://www.bing.com/videos/search?q=mental+well-being+for+KS3&&view=detail&mid=50773C1C2419074E543050773C1C2419074E5430&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmental%2Bwell-being%2Bfor%2BKS3%26FORM%3DHDRSC4>

MENTAL WELLBEING

- We are aware that some of you are struggling to stay motivated during this difficult time.
- We understand that some of us are feeling low and some of us are very stressed and anxious.
- Please know that you are not the only one!
- Even though you are not in school, we are still here to help.

MENTAL WELLBEING

- Please do not be hard on yourself if you have not been completing as much work as you usually do.
- It is very difficult to work independently from home and we understand that there are obstacles you are facing.
- Try your best and do what work you can. Make sure you stop working after a few hours, no matter how much (or how little) work you have completed.
- If you are struggling with the work as it is too difficult, put aside that piece of work and only do what you are able to do.
- If on some days you are struggling to feel motivated, just read a book or do the work you enjoy.
- Take regular breaks and remember to still make time for the things you enjoy in life (e.g. cooking, reading, drawing, board games and even your favourite TV programmes)

WE ARE HERE TO LISTEN...

- Please remember that we are always here to listen and help.
- If you are having any issues or are feeling low, please email us.
- Our email addresses are below:
Miss Mustafa: ymustafa@edmonton.enfield.sch.uk
Mrs Williams: hwilliams@edmonton.enfield.sch.uk

WE ARE PROUD OF EVERY SINGLE ONE OF YOU!

- We want you all to know how proud we are of you for trying your best during this difficult time.
- We know how hard it can be but you have all proven how amazing you are.
- We are so lucky to have you in our year group and you have made us proud during this time.
- When times are hard, please remember that we know you are trying your best and are here to help if you need anything.