

# Support student wellbeing this World Mental Health Day



**Better Health** every mind matters

Dear [Salutation],

Research shows some children and young people’s mental wellbeing has been substantially impacted due to the pandemic,<sup>1</sup> with 96% saying it has affected their school work at some point<sup>2</sup>

In order to support your students this **World Mental Health Day** (10 October), we’ve created a new **Self-care resource** to help students explore what self-care techniques work for them. Our range of bite-sized activities cover topics such as **mindfulness**, **connecting with others** and **kindness**, and are supported by engaging videos and personalisable bullet journals.

This resource is underpinned by the **Five ways to wellbeing** and is designed to fit flexibly into the school day. It also covers core PSHE topics within **Relationships and Sex Education (RSE)** and **Health Education**.

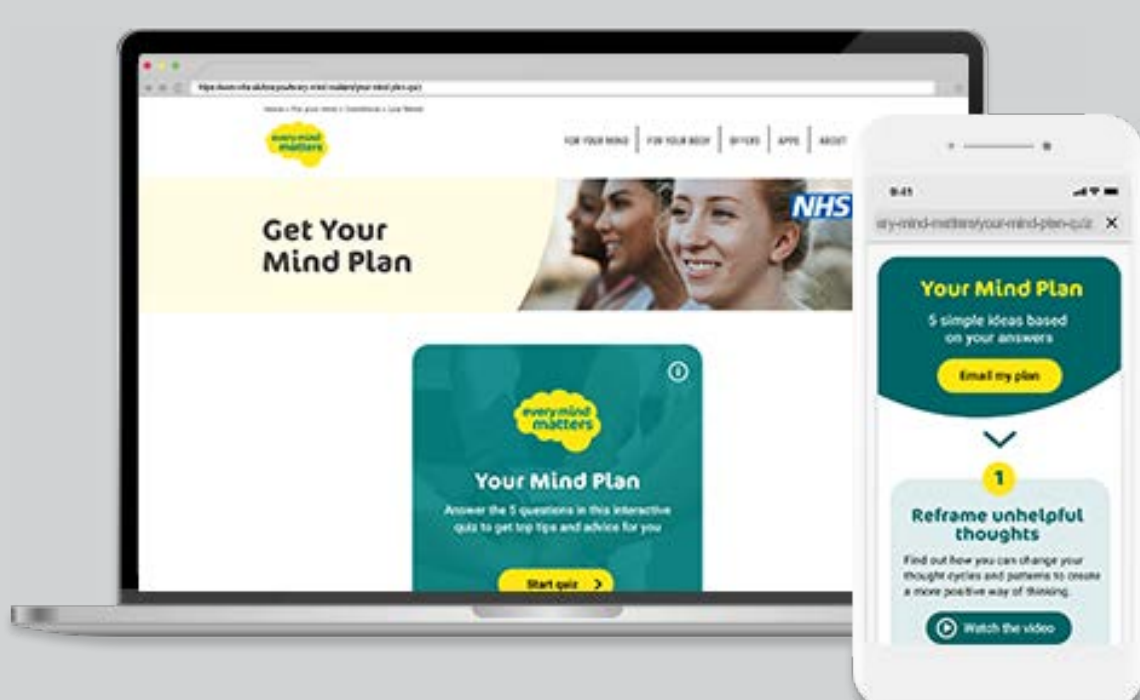
Head to the School Zone today to download this new resource, and explore our other wellbeing resources in the lead up to World Mental Health Day.

[Download resources](#)



## Get your students active with Studio You

Getting active is a great way to support mental wellbeing and is one of the **Five ways to wellbeing**. Sport England have funded the creation of a free online platform, **Studio You**, which provides video-based PE lessons and aims to reconnect young people with physical education, improve their confidence and make being active fun. It is particularly designed to engage less active teenage girls and features curriculum-linked videos, led by on screen experts covering yoga, dance, combat and more. Explore resources and guidance to help get every student moving at [www.studio-you.co.uk](http://www.studio-you.co.uk).



## Every Mind Matters, find what works for you

With World Mental Health Day just around the corner, now is the perfect time to check in on your own wellbeing. The NHS approved **Every Mind Matters Mind tool** can provide you with personalised, practical tips so you can find what works for you.

There are little things we can all do to look after our mental health, so while you care for students, don’t forget to care for yourself - download your Mind Plan today.

[Download Your Mind Plan](#)

*“The mental wellness of students is one of the biggest priorities in education right now. With so much confusion, stigma and apprehension surrounding the topic, having these short and time-efficient resources is invaluable. The self-care based activities come with great guidance giving teachers the confidence to deliver a very important topic to their students.”*

**Samatha Rosehill, Assistant Head Teacher**

1. <https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-report/7-children-and-young-people>

2. <https://www.mind.org.uk/news-campaigns/news/almost-two-thirds-of-young-people-receive-no-support-from-school-for-their-mental-health/>



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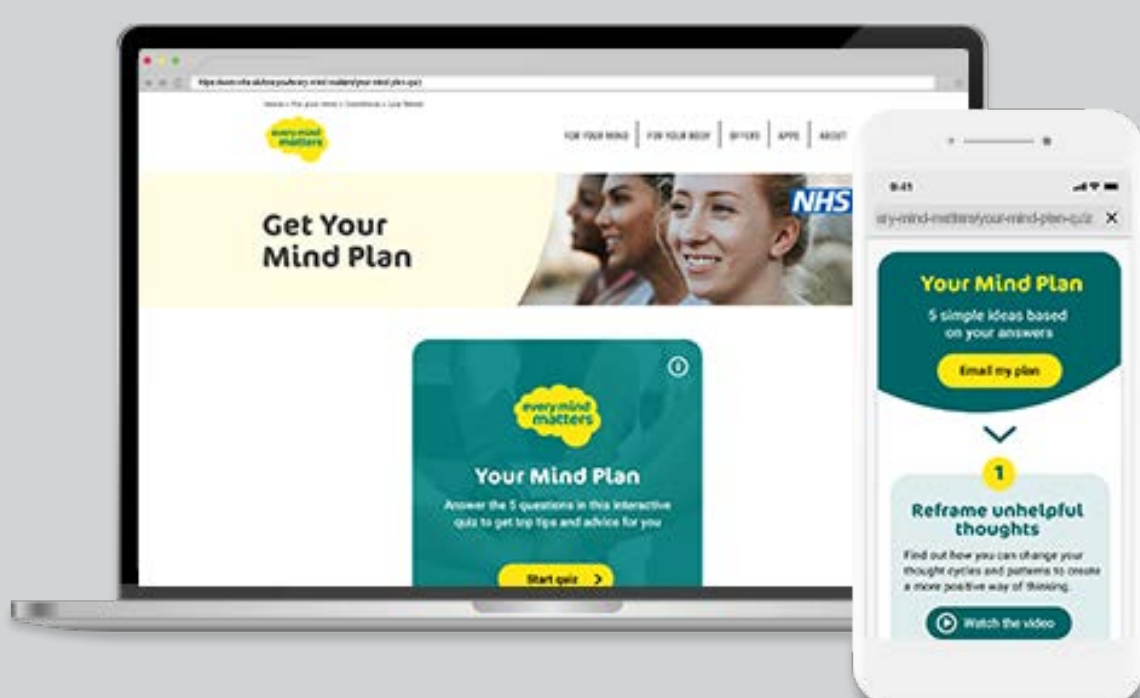


## Win a wellness workshop with Mind

We're giving you the chance to win an online wellness workshop at your school, hosted by Mind, the mental health charity. The session will allow young people to create a wellbeing plan and come up with their own ideas to connect with others, be active and learn new skills.

To enter, simply sign up to the School Zone. Be quick, final entries close [X]

[Enter now](#)



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