



Ashley College

Well Being Newsletter

Week ending 08/05/20

Dear Students, Parents and Carers,

Much information is being circulated during this Covid – 19 Lockdown and it can often feel extremely overwhelming. One often does not know what to read first and then we worry that we might have missed important information. In the Ashley College Well Being Newsletter there will be links to current information along with one main article that I hope you will gain something from.

Please do not hesitate to contact me with your questions and if you need further support with anything. You can also email me with any suggestions as to what information you would like in the newsletter.

Kind regards,

Sasha Sharpe

Pastoral Care and Outreach

Assistant Head  
Ashley College



## “Strength and Learning Through Horses”

At “Strength and Learning Through Horses” they anticipate that many young people will face mental health challenges during and after the corona virus lockdown period. Some of our students have attended equine therapy at this centre in North London and found it extremely beneficial.

Whilst they are currently unable to carry out any face to face work they are putting together a free series of short videos and infographics which may help young people understand how they are feeling and some small steps about what they can do to help themselves feel better about things and protect their mental health. This week's topic in the spotlight is managing relationships when you are spending a lot of time in a confined space with other people.

Please find attached an infographic in their series and a link to the blog page on their website where you can find the video:

<https://www.learningthroughhorses.org/blog/coping-with-too-much-contact-with-others-in-confined-space>

# Relaxation Exercises

Doing simple exercises can help us feel less worried and stressed.

## **Simple breathing exercise**

Sitting comfortably, breathe gently, slowly, and evenly.

Notice the stretching sensation as you breathe in. As you breathe out notice the relaxation that follows.

## **Count in your mind, letting each count last about a second.**

1. Rest your hand on your belly button. Take a normal breath and hold it as you count to 5.
2. Breathe out slowly, relaxing your shoulders, face, and body, as you count to 4.
3. Breathe in slowly, letting your hand move outwards with your stomach, as you count to 4.
4. Breathe out slowly and let your hand and stomach move inwards, as you count to 4.
5. Breathe like this for 5 more breaths, focusing on your hand and stomach as they rise and fall, relaxing more with each breath.
6. Hold your breath like you did at the beginning and repeat the whole exercise again.

## **What is this good for?**

- Helping panic attacks
- Boosting concentration
- Preparing for difficult tasks
- Relaxing
- Sleeping better

## **Muscle relaxation exercise**

Sit or lie down and make yourself comfortable. As you do this exercise use the comfortable stomach breathing from above.

## **Count in your mind, letting each count last about a second.**

1. Breathe in, clench your right hand, notice the tension in your hand and arm. Breathe out, relax, notice the difference.
2. Breathe in, clench your left hand, notice the tension. Breathe out, relax, notice the difference. Notice how comfortably heavy your hands and arms feel when you let them relax.
3. Breathe in, clench your thighs and buttocks, notice the tension. Breathe out, relax, notice the difference.
4. Breathe in, bend your feet up, notice the tension in your legs and feet. Breathe out, relax, notice the difference.
5. Breathe in and point your toes, notice the tension in your legs and feet. Breathe out, relax, notice the difference.

## **What is this good for?**

- Soothing aches and pains
- Letting go of tension

## Useful Links:

### **Self-Care techniques and tips:**

<https://www.annafreud.org/on-my-mind/self-care/>

### **Government Covid- 19 Guidance:**

<https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>

## **Brent Emergency Help and Support:**

Do you need help getting food or medicine delivered to you while you are in isolation?

If you are struggling and need extra help, call our helpline on **020 89371234** open 9am to 5pm, Monday to Friday or email

[coronavirus@brent.gov.uk](mailto:coronavirus@brent.gov.uk)

<https://www.brent.gov.uk/your-community/coronavirus/emergency-support/>