

Promoting positive Mental Health during the Corona Virus Pandemic

It is worth noting that although school is closed there is a skeleton staff at school and teachers can be contacted through the show my homework website. If you have a specific concern, please do not hesitate to contact us via the email address; admin@verulam.herts.sch.uk where your query can still be passed to the relevant member of staff.

A number of students speak to members of our student services team throughout the week. If any student wishes to contact any of the team, they are welcome to send an email to studentservices@verulam.herts.sch.uk Please remember that we will try to respond as soon as possible, but we cannot guarantee any time frame.

Below is a useful calendar to help with coping during the isolation from Action for Happiness.




ACTIVE COPING CALENDAR: APRIL 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl</p>			<p>1 Make a plan to help you keep calm and stay in contact</p>	<p>2 Enjoy washing your hands. Remember all they do for you!</p>	<p>3 Write down ten things you feel grateful for in life and why</p>	<p>4 Stay hydrated, eat healthy food and boost your immune system</p>
<p>5 Get active. Even if you're stuck indoors, move & stretch</p>	<p>6 Contact a neighbour or friend and offer to help them</p>	<p>7 Share what you are feeling and be willing to ask for help</p>	<p>8 Take five minutes to sit still and breathe. Repeat regularly</p>	<p>9 Call a loved one to catch up and really listen to them</p>	<p>10 Get good sleep. No screens before bed or when waking up</p>	<p>11 Notice five things that are beautiful in the world around you</p>
<p>12 Immerse yourself in a new book, TV show or podcast</p>	<p>13 Respond positively to everyone you interact with</p>	<p>14 Play a game that you enjoyed when you were younger</p>	<p>15 Make some progress on a project that matters to you</p>	<p>16 Rediscover your favourite music that really lifts your spirits</p>	<p>17 Learn something new or do something creative</p>	<p>18 Find a fun way to do an extra 15 minutes of physical activity</p>
<p>19 Do three acts of kindness to help others, however small</p>	<p>20 Make time for self-care. Do something kind for yourself</p>	<p>21 Send a letter or message to someone you can't be with</p>	<p>22 Find positive stories in the news and share these with others</p>	<p>23 Have a tech-free day. Stop scrolling and turn off the news</p>	<p>24 Put your worries into perspective and try to let them go</p>	<p>25 Look for the good in others and notice their strengths</p>
<p>26 Take a small step towards an important goal</p>	<p>27 Thank three people you're grateful to and tell them why</p>	<p>28 Make a plan to meet up with others again later in the year</p>	<p>29 Connect with nature. Breathe and notice life continuing</p>	<p>30 Remember that all feelings and situations pass in time</p>		

ACTION FOR HAPPINESS







www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

30 actions to look after ourselves and each other as we face this global crisis together