



## WILLIAM HARDING SCHOOL

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### Re Tips for Parents

I hope you're all staying safe and well!

We can only imagine how difficult it has been for you, therefore we would like to take an opportunity to tell you how BRILLIANT you are AND remind you that you are also human and deserve to rest and recharge as well, despite the daily demands placed on you, either from work, home, or both. So, make yourself a cup of something and settle down and read this weeks 'Tip for Parents' which is focused on breaks and much needed downtime . Enjoy reading and remember if there is anything we can help with, please do get in touch via the school office!

Yours faithfully

Sarah Pacelli

School counsellor

### The 5-minute rule

The 5-minute rule is a cognitive behavioural therapy technique for procrastination or motivation struggles. Low motivation is common, particularly when we are not feeling 100%, even when we know the task will be good for us.

### How does it work?

Set yourself a goal (e.g. reading a book), but agree with yourself that you only need to do it for 5 minutes. If after 5 minutes you would like to stop, you are free to do so. You can be proud that you have accomplished your goal. However, we often find that after 5 minutes, it's easier to carry on or continue until the task is complete. Setting the intention and starting is usually the hardest part. By only committing to 5 minutes of a task, it can feel less overwhelming and a lot more doable.

**Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.**



## Calm Breathe Bubble | Breathing Exercise

Click - [Calm Breathe Bubble | Breathing Exercise](#)

“Whenever you feel like you need to catch your breath, do this 30 second breathing exercise with Calm Breathe for instant relaxation.”

**Make an appointment with yourself-** It can be all too easy to cancel or not prioritize our breaks/downtime/self-care activities. Make an appointment with yourself – just as you would at work or with other events in your schedule e.g. meeting with HR at 2pm Tuesday or take the kids to swimming lessons at 5pm. Pencil in your own breaks and time just for you. Protect this time and set boundaries to make sure it can happen.

## Journaling

Click - <https://thedoctorweighsin.com/can-journaling-improve-your-mental-health/>

to learn how journaling can enhance your sense of wellbeing and reduce symptoms of anxiety and depression.

How to look after your mental health during the coronavirus outbreak

Click - <https://www.mentalhealth.org.uk/coronavirus>

## Have you listened to the Deliciously Ella podcast?

The podcast explores the world of health and wellness through a series of interviews with world leading researchers, scientists, and doctors. You can listen directly to episodes including: - Easy ways to stay healthy at home - Coping with current uncertainty - Finding work life balance and much more by clicking <https://deliciouslyella.com/podcast/>

## New Book Recommendation

*‘No Such Thing As Normal’* - A practical guide to mental health from leading mental health campaigner and bestselling author, Bryony Gordon.

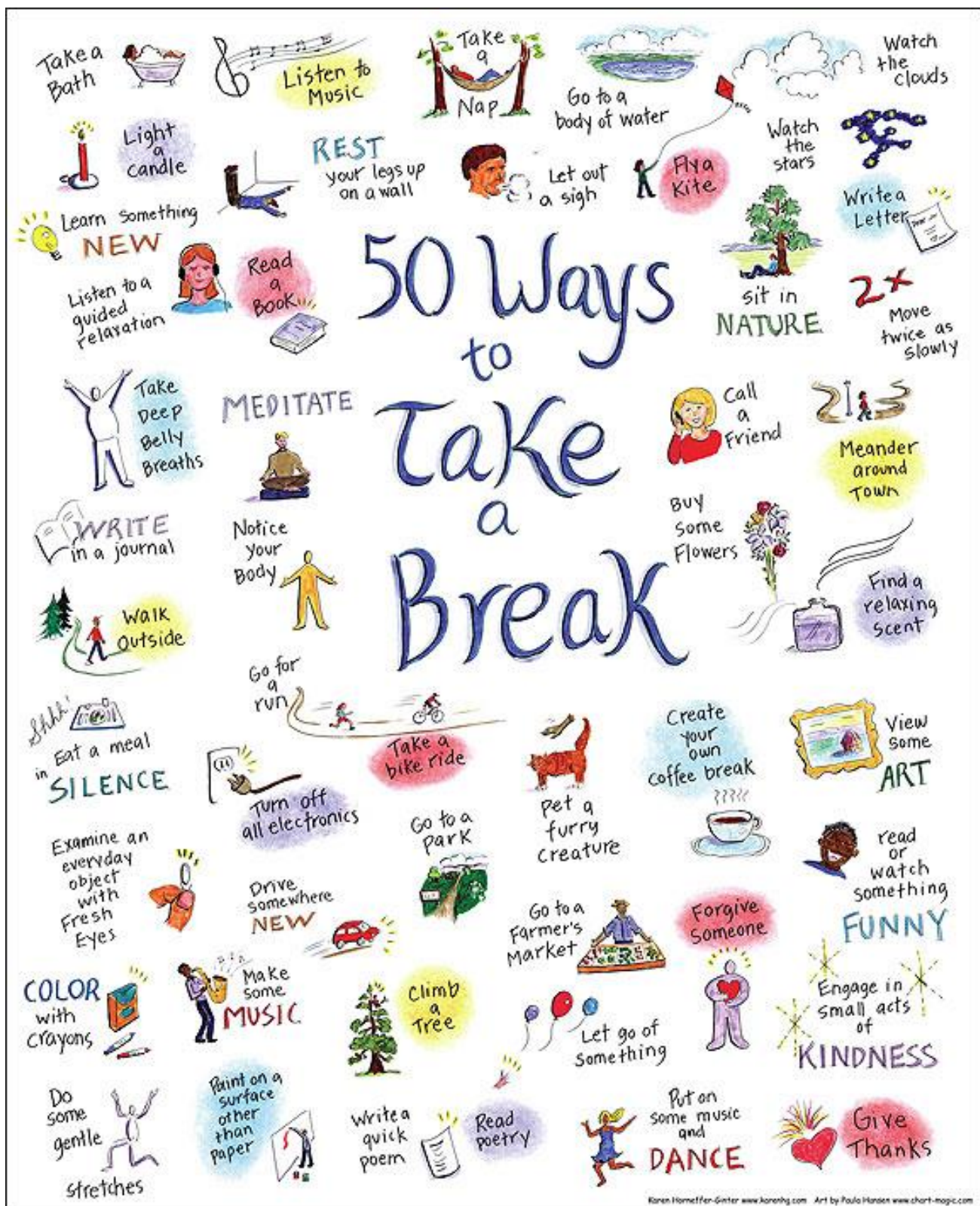
## BUZZFEED -

Just 23 Low-Key Great Things To Do If You Need A Quick Break

Click - <https://www.buzzfeed.com/melissaharrison/take-a-break-at-work-brain-breaks-wfh>

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