



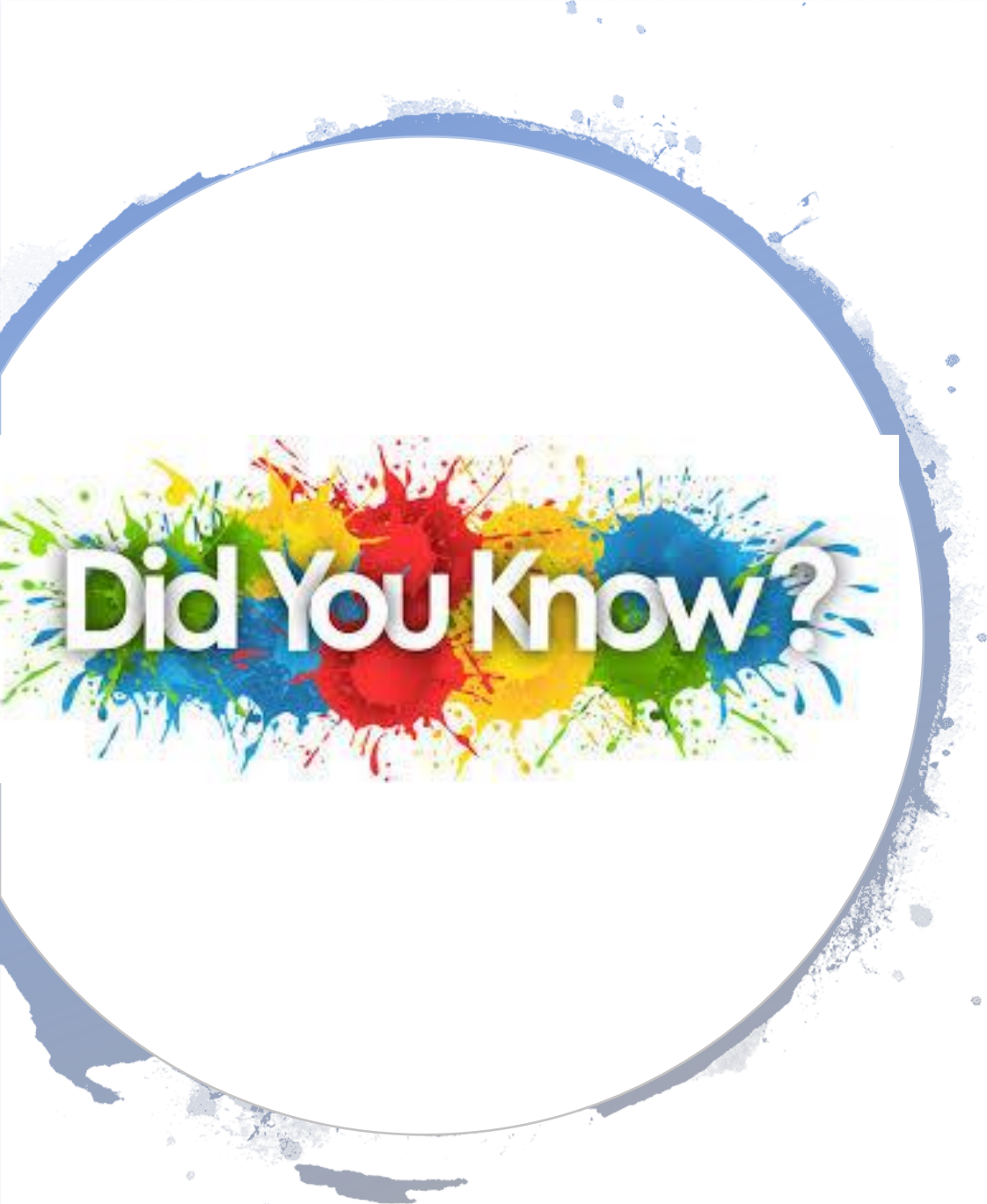
Wellbeing

Maintaining good well-being whilst in lockdown

Secondary: Week 5 - Sleep

Sleep and the
links to well-
being





Researchers at the University of Warwick have found that the amount of sleep you get can affect:

- Our Mood
- How anxious we feel
- How impulsively we act
- Our academic achievements

A young girl with blonde hair is lying on her stomach on a bed, looking down thoughtfully. She is wearing a patterned shirt. The background is softly blurred, showing a lamp and a window with light coming through.

The recommended amount of sleep for children and young people is:

aged between 6 to 13 years: 9-11 hours

aged between 14-17 years : 8-10 hours.

(Source: [sleepfoundation.org](https://www.sleepfoundation.org))



What disrupts our sleep?

Caffeine (Tea, Coffee, Cola)

Energy Drinks

Stress or anxiety

Alcohol

The light from electronic devices

If the room is too hot or too bright

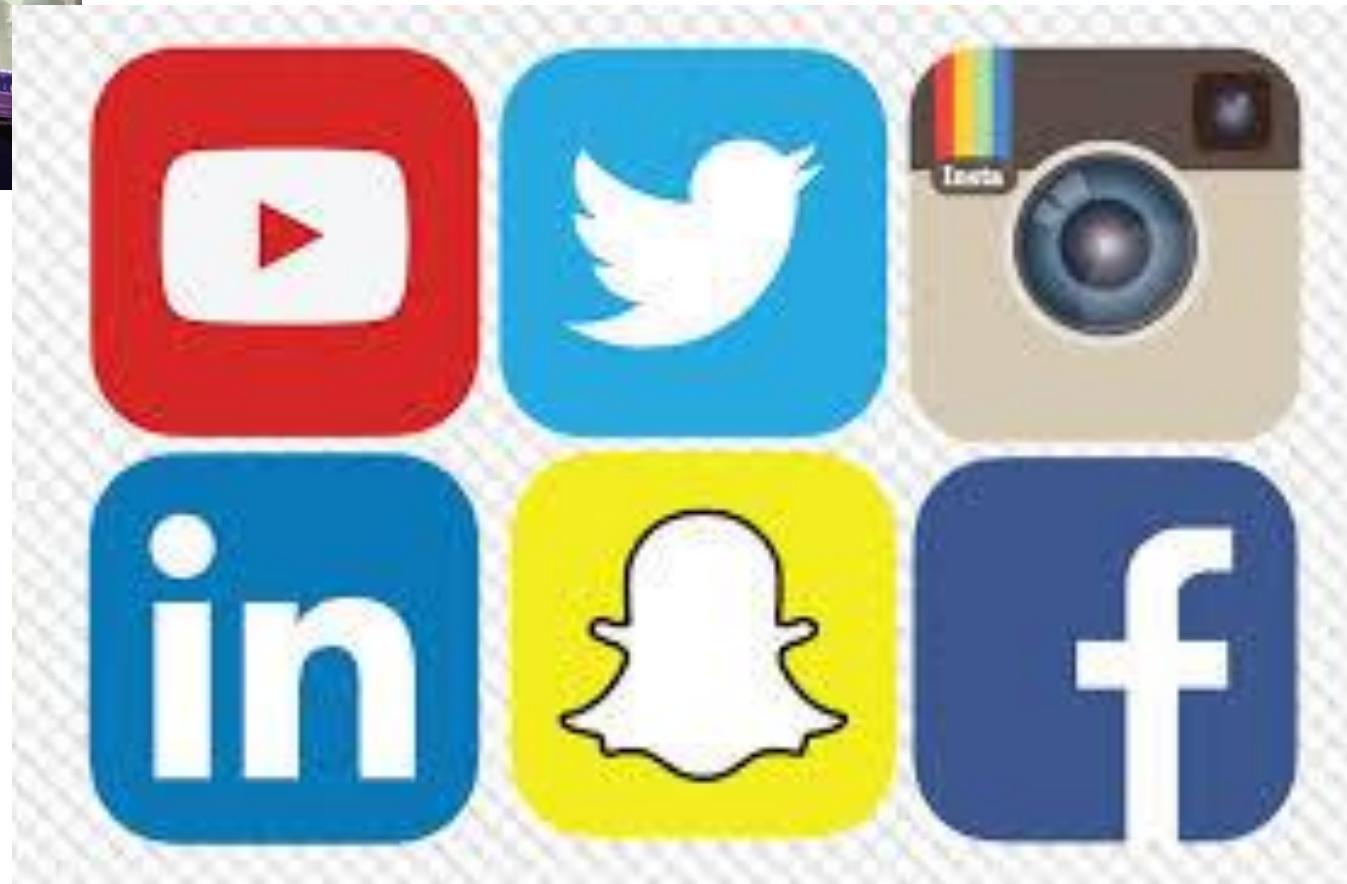


FORTNITE



Social media and gaming helps us to connect with friends and is a crucial part of everyday life.


However, sometimes the fear of missing out on what is going on might mean that you are tempted to access them when you would normally be asleep.



Top Tips for good sleep

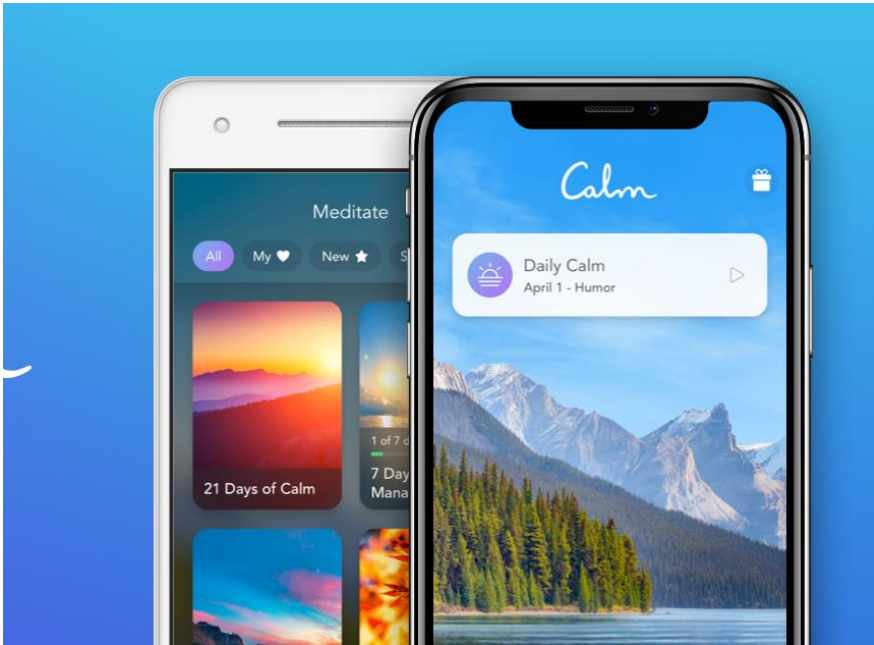
According to the Sleep Foundation here are some top tips for a good night's sleep:

- Go to bed and wake up at the same time every day
- Following a steady routine before bed, including time to unwind and relax
- Avoiding big meals or excessive caffeine an hour or two before bed
- Reduce use of electronic devices and activate the 'blue light' filter
- Get outside or open curtains/blinds to get daily light
- Find time to be physically active every day



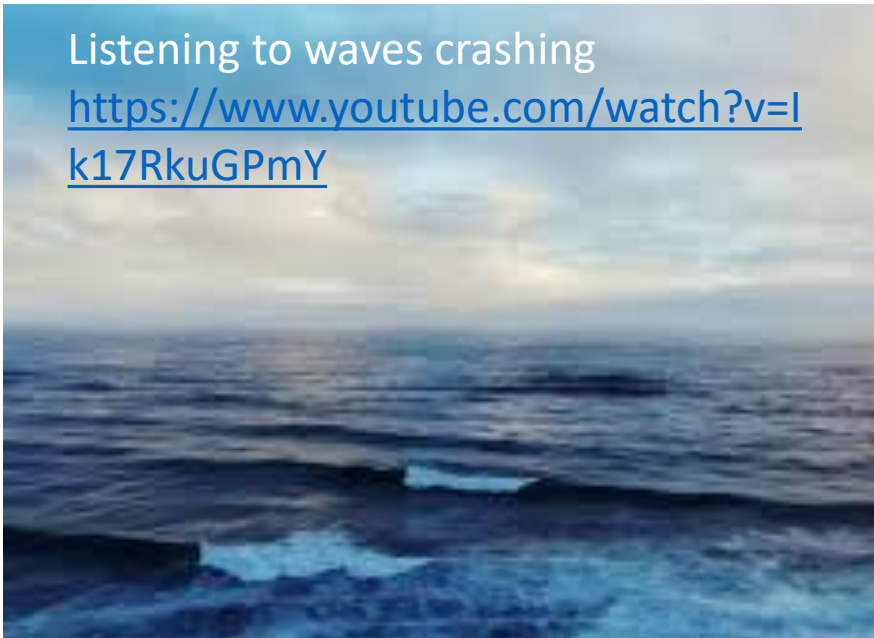
The most dangerous game to play:
"Resting your eyes" in the morning
after shutting off your alarm





Listening to waves crashing

<https://www.youtube.com/watch?v=lk17RkuGPmY>



Apps and websites which
could help!

Take Care of yourself too!

It is really normal right now to be feeling lots of different feelings about what may be happening around you. Sometimes though, everyone needs a bit more help. For more help, advice and support don't be afraid to contact:

<https://www.forwardthinkingbirmingham.org.uk/>

Kooth



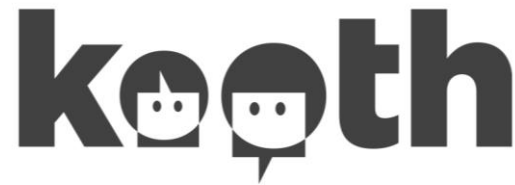
kooth
Free. Safe. Anonymous.
Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice Live Chat Live Forums

<https://kooth.com> go!

Kooth offers advice on the go. We're by your side when you need us most. for ages 11 - 25

available in your area



Kooth is a safe, confidential and anonymous way for you to access emotional wellbeing and mental health support. It is widely used across the country and is well rated by other young people. It is free for you to use. Check it out here:

<http://www.kooth.com/>

Useful Organisations

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

<https://www.myh.org.uk/helpline>



Birmingham Mind Help Line

We are here for you

Current Opening Times - 7 Days a Week
9:00am — 11:00pm

0121 262 3555

help@birminghammind.org

Supporting people living in and around Birmingham

Registered Office: Birmingham Mind, 17 Graham Street, Hockley, Birmingham, B1 3JR.
Registered Charity No: 1003906



Pause is here for you, if you are under 25 and have a Birmingham GP. We offer a non-judgemental listening ear, self-help strategies plus skills for managing difficult situations and feelings. We are open 10am-6pm, seven days a week.

Drop us an email on askbeam@childrenssociety.org.uk or call 0207 8414470 and we will arrange for one of our friendly team to call you back.

For more info check out <https://www.forwardthinkingbirmingham.org.uk/>

Pause.