



Summer 1 Half Term Hols - Self-Care 2025

Filling your day with outdoor activities and acts of kindness can significantly boost your mood and overall wellbeing. Start your day with a refreshing walk or jog in a nearby park, soaking in the natural beauty and fresh air. Engage in activities like play footy down the park, cycling or simply sitting outside with a good book. As you go about your day, look for opportunities to show kindness to others. This could be as simple as offering a smile, helping a neighbour with their bins, or volunteering at a local charity shop. These small acts can create a ripple effect, spreading positivity and making both you and those around you feel more connected and uplifted. Remember, the combination of nature and kindness can be a powerful antidote to stress and a great way to enhance your daily life.

The final exam season can be incredibly stressful, but taking care of your mental health and wellbeing is crucial. Start by creating a balanced study schedule that includes regular breaks to relax and recharge. Incorporate activities you enjoy, such as exercise, hobbies, or spending time with friends and family. Ensure you're getting enough sleep, eating nutritious meals, and staying hydrated. Practice mindfulness or meditation to help manage anxiety and maintain focus. Remember, it's okay to seek support from teachers or peers if you're feeling overwhelmed. Prioritise self-care and be kind to yourself; your mental health is just as important as your academic success. Good luck! Kind regards Mr T

Supporting your Wellbeing and any exam concerns

[May Half Term Activities and Events | English Heritage](#)

May half-term activities in London 2025

School Holidays & Half Term Events - Visit the New Forest

Things To Do in Half Term in West Sussex | The Tourist Trail

[Guide to CAMHS](#) | [Mental Health Services](#) | [YoungMinds](#)

[Ways to look after your mental health #MHW20 #mentalhealth #MHW - Develop Us](#)

[Help your child beat exam stress - NHS](#)

4 Ways to Beat Exam Stress and Anxiety (GCSE & A-Level) - YouTube

Exam Stress | How To Deal with Exam Stress | YoungMinds

[Info on exam stress - for 11-18 year olds](#) | Mind - Mind

Hints and tips to help combat exam anxiety

[Coping with exam pressure - a guide for students - GOV.UK](#)

Four ways exercise can relieve exam stress - Exams and Revision | Birmingham City University

Managing Stress, Sleep And Wellbeing During Exams



Anna Freud
National Centre for
Children and Families



Remember, no matter how you feel, there is always someone to talk too!

*CHILDLINE--<https://www.childline.org.uk/>...**0800-1111**·open·24hrs/7·days·a·week
*SAMARITANS--<https://www.samaritans.org/>...**116-123**·open·24hrs/7·days·a·week
*NHS·Mental·Health·Line·**0800-0309-500**·open·24hrs/7·days·a·week
*SHOUT---Text·**85258**
*YoungMinds--·[text·YM·to·85258](https://www.youngminds.org.uk/about-us/contact-us)·27hrs/7·days·a·week·<https://www.youngminds.org.uk/about-us/contact-us>...



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fighting for young people's mental health

