

*Armadale Academy
Health & Well-being for
parents/carers &
learners*



Why is our Health and Wellbeing important?



Our Health can be categorised into 4 key areas; Physical, Mental, Emotional and Social. We all have responsibility to look after our health and this resource will help you with fun and practical ways to do so.

Our Wellbeing is linked to our environments and how we feel in certain situations. We can look after our own wellbeing by adopting good habits and routines.

Physical Health and Wellbeing

How can we look after our
physical health and
wellbeing ?

Let's MOVE!

Even **20 minutes of exercise** can make a massive difference to the health of your heart and your overall physical health! Look who is here to help you take on a physical work out in your own home...





The Body Coach- JOE WICKS!

Follow Joe as he takes a beginners HIIT Session that you can do with friends and/or family (remotely or in your garden or home)

HIIT Home Workout for beginners:

<https://www.youtube.com/watch?v=q20pLhdoEoY>

Physical Health inside and out

What can we do to make sure that our physical health is looked after and we learn along the way..?

REST up!

Rest is also important to our physical health
...**Get a full night's rest whenever possible.**
While the amount of sleep each person needs varies, most people need 7-9 hours to feel fully rested. While this may not be possible every night, try to sleep a full night whenever you get the chance.



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Sleep counts - top tips

Stick to a schedule. Keeping sleep times similar from day to day can greatly improve your chances of getting a good night's sleep. **Understand that lack of sleep can have a big impact.**

Avoid all-nighters. While you may feel like you want to watch your favourite shows all night. Not getting enough sleep can impair your ability to concentrate the next day, so make sure you get the right amount of sleep.

Create a bedtime routine. If you have trouble falling asleep at night you can help yourself by creating a routine that will let your mind and body know that bed time is approaching and that it should get into sleep mode. After a few weeks of practice this should help you fall asleep when you need to.

Avoid caffeine, eating and drinking right before bed. All of these activities can throw off your body's internal clock.

Keep your room dark and quiet and cool. This will help trigger to your body that it's time for bed and help you get and stay asleep.

Physical Health - Nutrition

How can we make sure
that we are consuming the
right foods to help us feel
good ?

My Healthy choices



Eat breakfast. Start your day off right with a good meal when you get up. Whether you're rolling out of bed at noon or up at the crack of dawn, make sure you start your day with a balanced, healthy meal.

Learn proper portion size. To avoid eating too much of even the healthiest foods, keep track of how much you're eating. For most people, meat servings should be about the size of a deck of cards and other servings vary by the type of food.

Keep healthy snacks around. It's easy to eat healthy if you stock your room with fruits and other healthy snacks. You'll be more likely to reach for these than junk food if you keep them nearby or out on the table or by your side.



H2O is your friend!

Hydration is important to our physical health

...**Drink water.** Drinking enough water can help boost your concentration as well as keep you from overeating. Make sure to keep hydrated as you go through your day by bringing water with you.

Limit sugary and caffeinated drinks. Try to eat fruit and veggies.
Limit junk food.

Don't skip meals, it is ok to Indulge every once in a while. A little treat now and then is a great way to reward yourself for eating a healthy diet. Give yourself a break and indulge in a food you love but can't eat all the time.



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Mental Health and Wellbeing

How can we look after our
mental health and
wellbeing ?

Top Tips for Mental Health

Here are the top tips from [MentalHealth.org](https://www.mentalhealth.org.uk) to stay mentally healthy...



1. Eat healthily
2. Be aware of alcohol or nicotine overuse
3. Exercise
4. Take time out
5. Be mindful
6. Get some restful sleep
7. Don't be too hard on yourself



Speak UP !

Don't be afraid to ask for help. Many people feel embarrassed or ashamed to ask for help with their mental health but this is unnecessary as it's a common and treatable problem that you don't have to deal with alone.

Expect things to change. Don't let stress get the best of you. Stress can be a major factor in many cases of our mental health. If you're feeling stressed out make sure to take a break and set aside time to relax.



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Stress busting videos to watch with your friends and family for some downtime...



Headspace | Meditation | Training the Monkey Mind (1 min)

<https://www.youtube.com/watch?v=qxyVCjp48S4>

“Headspace | Meditation | Brilliant things happen in calm minds” (1min)

https://www.youtube.com/watch?v=IACf4O_eSt0

Fall Asleep Fast: Deep Sleep Music, Meditation Music, Relaxing Music, Sleeping Music ★134 (Extended)

https://www.youtube.com/watch?v=FfdIpDnV_TQ

Emotional Health and Wellbeing

How can we look after our
emotional health and
wellbeing ?

MANAGING CORONA VIRUS (COVID-19) ANXIETY



Read the top tips for managing your emotions and the emotions of kids during this time.

Also see advice for quarantine and isolation too.

Please check the following links

[HealthProtectionScotland](#)

[Gov.UK](#) for reliable updates

 **For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Helpful hints and tips for when we are feeling overwhelmed

- How to look after emotional and mental health during an outbreak. Click the [following link](#) to find out more...
- How to look after your health and the health of others during a pandemic. The [following link](#) has hints and tips for you.



Social Health and Wellbeing

How can we look after our social health and wellbeing ?

Fun activity for friends and family!

<https://icould.com/buzz-quiz/>

Take the BuzzQuiz above and you can ask friends and family to complete it too.

- Find out what animal resembles your personality
- Identify your triggers
- Recognise how it looks, sounds and feels for yourself and others' personalities.
- Talk about and share your results with those around you.

Limit Screen USAGE ...

Interact with people around you rather than stick to your screen. Take time to talk to those around you, put your phone on airplane mode and leave it in a different room.

The blue light emitted from your phone causes over stimulation of your brain and can take a toll on your emotions.

Allow your brain to switch off and concentrate on something other than a screen. Reading a book, completing a task or writing or drawing is a good alternative.



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My Skills

What can you help out with at home to work on your life skills?

1. Learn how to make your favourite meal
2. Help to clean the windows
3. Learn how to check the oil in the car
4. How to put the washing machine on
5. Help out in the garden or water the plants
6. Count your coins up





For adults ... Watch the following video to identify: “*What Causes Wellness.*”

Watch the following clip led by the former Chief Medical Officer for Scotland to find out more...(one of the top **Ted Talks** available for wellness and health).

<https://www.youtube.com/watch?v=yEh3JG74C6s>

Or Search online : “*What causes wellness | Sir Harry Burns | TEDxGlasgow*”

Pupils, staff, parents and carers look after yourself and those around you. Stay in touch and connect when you can.



We must all **BE READY** for #coronavirus

✓ Dab when you cough ✓ Dab when you sneeze ✓ Dab to beat #coronavirus

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19

 UNITED NATIONS  World Health Organization



Armada Academy is
here to support your
Health & Well-being
Thank you!

