

Wellbeing Tip of the Week

Clearing your mind

By Ella, Christ Church NW3 Primary School



Sometimes you can become anxious or worried, and clearing your mind can change that. Human beings usually have a lot to remember, especially adults, and sometimes it can be hard to manage what you're thinking.

If you have to remember something important, try making a to-do list on paper or on a computer. If you can't forget about something, like if you recently had a sad or traumatising experience, try to go on a walk surrounded by nature, or listen to your favourite music or podcast, or maybe you could even meditate by taking deep breaths in and out. By doing these things, you can calm yourself down and improve your mental health.

If someone needs your support remember:

Be patient and comfortable to sit with their feelings – moments of silence don't have to be filled. **Just be there** – we don't have to fix the problem, just giving your time to listen is enough