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Well-being Wednesdays

Head Teacher: Mr S Whelerton
Acting Deputy Head: Mrs C Harland

Question: "How are you?"

Reply: "Fine", "ok", "tired"

Although it is the first month of a new year, it can often be quite a stressful time of year.

For starters :-

- it's a long month and pay day can't come quick enough for some of us after the run up to Christmas
- it's cold and dark mornings/evenings are still here
- we have indulged far too much over Christmas and are wanting motivation to shift those extra pounds gained
- our new year resolutions have already fallen by the wayside
- COVID seems to be still very much in our lives.

If you have noticed changes in a person, it could be time to read between the lines;

F.I.N.E - **F**reaked out, **I**nsecure, **N**eed help, **E**motional

O.K - **O**verwhelmed, **K**nackered

T.I.R.E.D - **T**orn apart, **I**gnored, **R**eally faking their smile, **E**xhausted, **D**rowning

It's easy to reassure yourself that someone is simply having a bad day or week but they could need support;

STOP -if you are unsure ask again and try to get them talking

LOOK - has the persons appearance changed?

LISTEN -what is their tone of voice telling you?

Burnout is an increasing concern and there are symptoms to watch out for;

PHYSICAL	EMOTIONAL	MENTAL
Sleep problems	Anxiety	Forgetfulness
Appetite changes	Depression	Lack of concentration
Headaches	Tension	Disorganisation
Shortness of breath	Irritability	Indecisiveness
High blood pressure	Angry outburst	Pessimism

If you have any concerns for yourself or others contact your Line Manager/Wellbeing lead at your place of work or any mental health first aiders/organisations.

Take care and stay safe

Mrs B



Making a difference where you live

