



HM Government

Wellbeing For Education Return Covid-19 Regulation

Mental health and wellbeing training
Learning from the pandemic

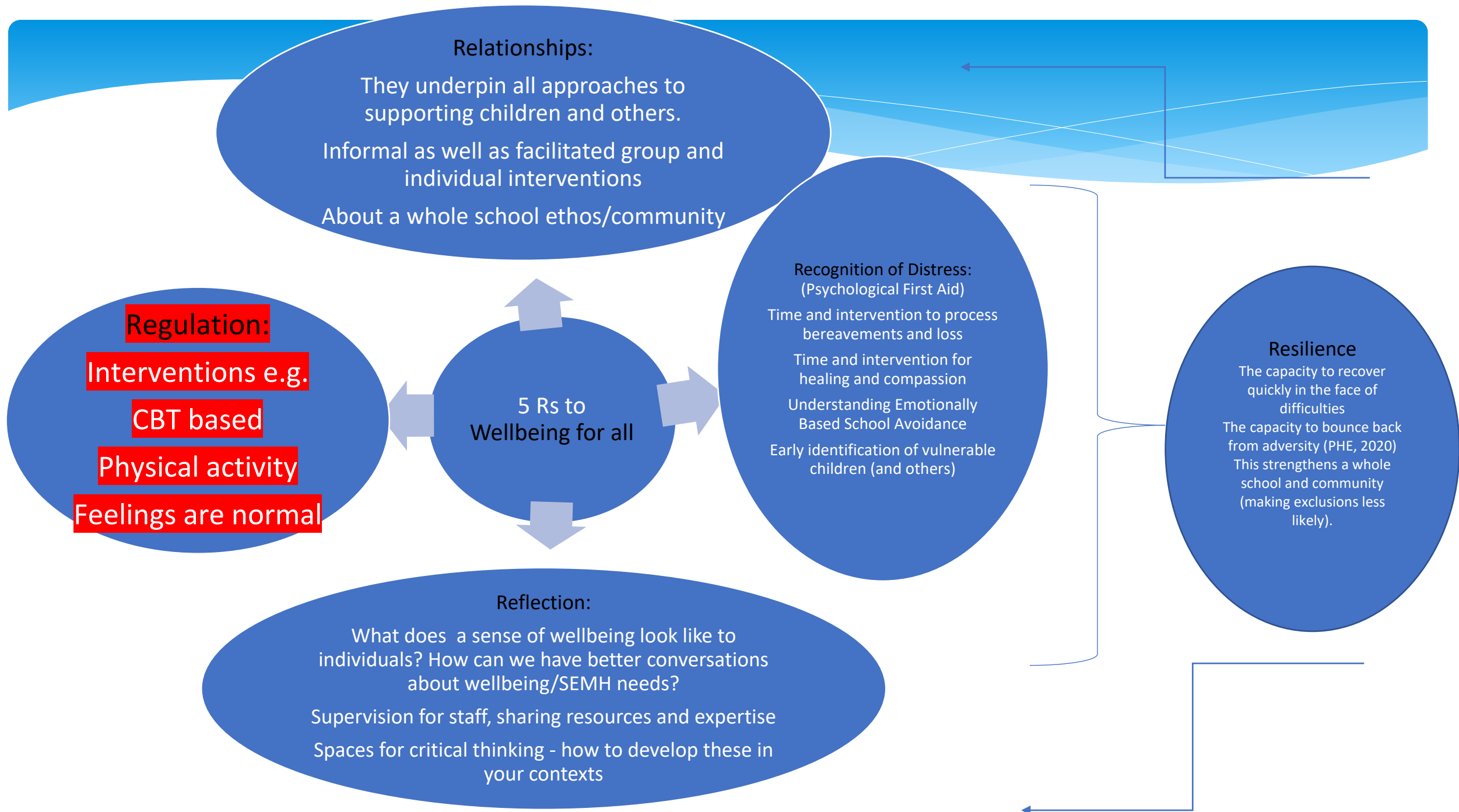
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This project is funded by the Department for Education,
Department of Health and Social Care, in partnership with
Health Education England, Public Health England, NHS
England and NHS Improvement



Key messages from previous sessions

- Adults, children and young people alike will have suffered in this pandemic and the principles of support apply across all ages
- Adults, children and young people bring a lot of different previous experiences, some traumatic e.g. sudden losses in the family, current or past illness, challenging economic or other circumstances. Current stress/trauma **can lead to past trauma resurfacing**
- **We have all had different experiences, thoughts, and feelings due to the pandemic**
- Remember care and compassion for each other, and **for yourself**



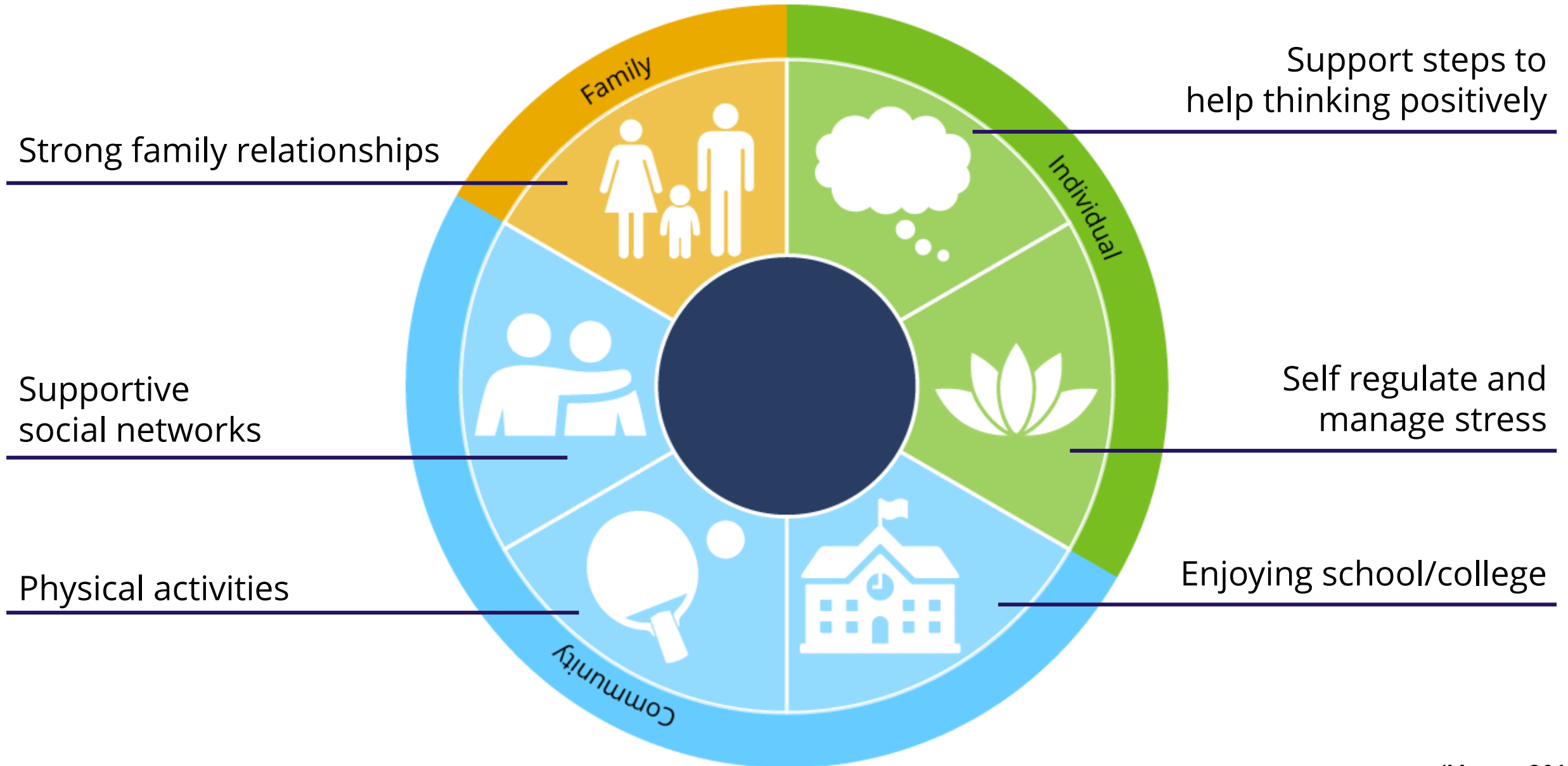
Aims of the session

- * Develop an understanding of regulation
- * Understand the importance of regulation
- * Share ideas of how you support children, staff and families to regulate

What is regulation?

- * What is self-regulation?
- * Self-regulation is a cognitive behaviour approach to thinking about and reacting to how we feel.
- * Self-regulation refers to the ability to:
 - * recognise and control our own emotions
 - * manage our impulses and sensory needs
 - * develop skills, like problem solving, when faced with challenges or conflicts

How Can We Learn To Be More Resilient?



Supporting regulation in children and young people

- * Over to you

- * What do you do?

Shared from other sessions

- * Physical activity
- * Emotion coaching
- * Thrive approach
- * Role playing activities

Supporting regulation in parents and carers

- * Over to you

- * What do you do?

Shared from other sessions

- * Virtual catch ups

- * Regular check ins/ safe and well calls

- * Escalating concerns

Supporting regulation in staff and colleagues

- * Over to you

- * What do you do?

Shared from other sessions

- * Physical activities

- * 'appreciation station'

Supporting our own regulation

- * Over to you

- * What do you do?

Shared from other sessions

- * Mindfulness

- * Physical activity

Review questions

- How have things changed for you through participating in this session?
- What has resonated with you?
- What do you hope to take forward?
- What has not changed?
- What has been confirmed?
- What has been ignored?

How else can we support you?

- Please put your ideas on the chat or send us an email.