

STUDENT SUPPORT

NEWSLETTER

The staff at Bucks College Group are here to support your learning, health and well-being whilst you are unable to attend College due to COVID 19.



MENTAL HEALTH AND WELLBEING

We understand that during this difficult and unprecedented time many of you might be struggling with your feelings and worrying about how to cope over the next few weeks.

Here are some tips and ideas that might help you in this time of uncertainty.

Ways to stay focused

Start each morning with exercise. Simply getting the blood flowing for 20 minutes will sufficiently spark your mind and help you develop stronger focus throughout the day.

Don't breakfast too early. Eat a sensible diet, spread out over the day.

Get more (good) fats in your diet. Nuts, avocados, eggs, and coconut oil are all great ways to get healthy fats into your diet and help your brain run more smoothly.

Write out your critical tasks each hour. By writing out your key tasks each hour, you will refocus your brain on most important projects.

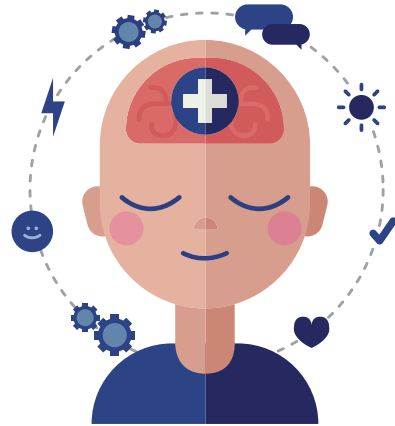
Eliminate pointless distractions. If your phone is constantly buzzing with new Snapchat notifications and your computer continually dings with new updates on your Facebook feed, then how in the world do you expect to stay focused.

Set small daily goals. Achieving small daily goals will wire your brain for success and trigger the reward mechanism, releasing dopamine when you accomplish your goal.

Get Enough Sleep. You need to sleep more if you want to achieve maximum focus

Coping with Anxiety

If you are feeling anxious about Covid-19 and are struggling with your anxiety, accept that it's normal to feel scared, acknowledge your feelings. These feelings are normal.



What can you do?

Accept that we can't be in control a lot of what is happening at the moment, but think but what you can control and work on those things.

Writing things down, or keeping a journal is a good way to keep your feelings and thoughts in check. Once you have written it down then try as best as you can to let it go.



Remember to keep things in the present, often when you are anxious you can think about the worst, instead bring it back to what is happening now, what can I do right now.

Think about what you are watching, reading and listening to, remember that not all of the things that are posted in the news and social media are true. Instead if you do want to find out some informative facts make sure they are from the NHS or from the Gov Public Health.



Public Health
England

Practice your breathing, if you suffer from panic attacks find your safe space in your home and make sure you talk to your household to let them know you are struggling.

5-4-3-2-1 METHOD

Take a deep breath and focus on



5 things you can see



3 things you can touch



4 things you can hear



2 things you can smell



1 thing you can taste

Have a daily routine



Make sure you go out once a day, exercising and being outdoors are key to helping your mental health

Learn something new, there are many on line lessons you can do to help you. Dance, music, art and so many more.

Keep up with your online learning

Keep talking face to face with the people in your household.

Keep socialising digitally. Use Facetime or Zoom to make sure you are still talking to your friends daily, digitally.

Physical Health

Your physical health is vital during this time in supporting your emotional and mental wellbeing.

Look at adding in some simple movement into your day and plan some exercise time into your day. Think about how many steps you do during your day at college just moving around the building. You'd be amazed at how quick these can add up!

Take advantage of being able to go outside once a day for a walk or a run or a bike ride. If possible, get to a park to have a walk surrounded by nature.

Not only will being outside of the home for this time give you break, being in nature reduces anger, fear, and stress and increases pleasant feelings.

Bodyweight Training

You don't need a gym to keep active and stay fit and healthy.

There are hundreds of channels on YouTube that can give you great bodyweight workouts, some of which only take 15 minutes.



Joe Wicks is currently running his daily PE sessions which you can complete live at 9am every weekday or do at a time that suits you.

You don't need any equipment as it is all body weight exercise.

Why not video call your friends and complete a bodyweight class together? Exercising in a group is a lot more fun and you can motivate each other!

5 Benefits of Bodyweight Training

- High output, low investment. The main benefit of bodyweight training is to build strength without investing hours of time
- Relying only on your body to workout improves flexibility and balance
- Control and variety
- You can do it anywhere at any time with no equipment
- Keeping it lean



Student Yoga

If you are interested in joining an online Zoom yoga session please email Alex Pazik on apazik@buckscollegelgroup.ac.uk



SAFEGUARDING AND WELFARE

The Student Services Teams based at each of our Campuses can provide advice, guidance and support on a range of issues you might be facing. This can include mental well-being, physical health and financial support.

If you have any questions or concerns please do contact them. They are available by phone, text or email during normal college hours.

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