

Recognise Emotions



The Wellbeing Package



In many ways at the moment it feels like there is not a lot going on, nowhere to go, no one to see, no clubs or day trips out. So why does it feel so busy?



While we are at home, particularly during the week there are a lot of demands on us, school work, online tasks, live lessons, all vitally important but all adding to the thoughts and feelings inside us. Then on top of that we have all the news from the outside world and Covid to deal with, this can make for one very busy mind.

At times it may feel difficult to untangle our thoughts and slow them down. Last week we encouraged you to utilise the power of nature to help you relax and unwind, this week we are aiming this at our thoughts and feelings.

Taking time each day to check in with yourself and to reflect on feelings and emotions is incredibly important. As humans the more we can reflect and process feelings the better understanding we have about ourselves and our own wellbeing needs.

One way to do this is through journaling. This means writing down your thoughts and feelings on a regular basis. Some people do this through a daily diary, others might spend some time each week blurting everything out onto paper, reflecting on it and then throwing it away.

The link below will give you lots of information about journaling and might be a great start, particularly for avid writers:

<https://www.verywellmind.com/journaling-a-great-tool-for-coping-with-anxiety-3144672>

For those of you who prefer a digital format have a look at this lovely little app:

<https://apps.apple.com/gb/app/reflect-guided-daily-journal/id1443541171>

Keep an eye on Firefly mid-way through next week of our Top Ten Wellbeing Tips for February