



# Integrated Specialist Public Health Nursing School Nursing Newsletter

**November 2022**

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

## National Stress Awareness Day, November 2nd 2022

### What is Stress?

Stress is the body's reaction to feeling threatened or under pressure. It's very common, and can be motivating to help us achieve things in our daily life and it can help us to meet the demands of home, work and family life.

However, too much stress can affect our mood, our body and our relationships—especially when it feels out of control. It can make us feel anxious and irritable, and affect our self-esteem.

Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout.

[Stress - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Stress Management Tips for Kids and Teens! - YouTube](#)

Mindfulness is a really helpful skill as it allows us to pay full attention to what is going on around us right now. It means slowing down and taking notice of what you are doing.

It is useful as it helps us to keep focused, stay calm and not to get too upset or worried. It gives us a chance to listen to others, be more patient and considerate allowing us to feel happier and enjoy things more.

[Mindfulness - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Caring, Learning  
& Growing Together

## Stress Awareness Month



STOP



Relax  
Daily



Let Go of the  
"Shoulds"



Get Some  
ZZZs



Seek out  
Support

**ANXIETY**—Short experiences of anxiety are a normal part of daily life, it becomes challenging when anxiety is a regular feature in your life. You are certainly not alone, many young people and adults experience anxious thoughts, which can affect you both physically and emotionally. Sometimes our thoughts can also affect our sleep. There are some different things you could try when you feel anxious, such as focusing on your breathing.

**EXAM STRESS**—If you're feeling stressed about your exams/ assessments, you aren't alone. Practicing self-care, talking to a trusted person and asking for practical support can help you cope.

**DIET**— Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. Think of food as fuel.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body.

**SLEEP**—Sleep problems are very common and most people struggle with not sleeping well, for one reason or another at times. Issues and worries can often feel worse at night when you are trying to sleep and your mind cannot switch off. Getting support is the right thing to do as it is very hard to fully function without sleep.

**EXERCISE**— Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy levels.

## School Nurse DROP-IN

If you are aged between 11 and 19 (25), you can access confidential NHS advice about your health, safety and emotional wellbeing. We play an important role in educating young people about making healthy choices and offer help and advice.

To find out when your drop-in is, speak to student services or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look at page

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

[Key Topics \(SEND\) |](#)

## CHAT HEALTH

**TEXT 07507 332891**

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be sign-posted to local services if they choose to share their details.



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### Useful resources

[Anxiety | NHS inform](#)

[Get.gg - Getselfhelp.co.uk](#)

[National charity helping people with Anxiety - Anxiety UK](#)

[Calm - The #1 App for Meditation and Sleep](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Physical activity guidelines for children and young people - NHS \(www.nhs.uk\)](#)

[Controlled breathing - Samaritans - YouTube](#)

[Muscle relaxation - Samaritans - YouTube](#)

[mindfulness-activities.pdf \(youngminds.org.uk\)](#)

[Home - Teen Sleep Hub](#)

[How many calories do teenagers need? - NHS \(www.nhs.uk\)](#)

### Helpline numbers

Childline 0800 1111

Samaritans 116123

CAMHS Crisis 01482 301701

Text SHOUT to 85258

Young Minds Textline-Text 'YM' to 85258



Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website

[humberisphn.nhs.uk](http://humberisphn.nhs.uk)