



**Jesus said.....**

**"Don't let your hearts be troubled. Believe in God; believe also in me."**

**Jesus said.....**

**"Blessed are the peacemakers, for they shall be called Sons of God."**

**Jesus said.....**

**"Love your enemies, do good to those who hate you, and pray for those who abuse you."**

**WORD OF THE WEEK John 16:31-33**

Jesus said:

Do you really believe me? The time will come and is already here when all of you will be scattered. Each of you will go back home and leave me by myself. But the Father will be with me, and I won't be alone. I have told you this, so that you might have peace in your hearts because of me. While you are in the world, you will have to suffer. But be brave! I have defeated the world.



**PRAYER FOR THE WEEK**

*Lord, you who are called Prince of Peace, grant us peace.  
Make all of us witnesses of truth, justice and love.  
Eliminate from our hearts whatever might stop us feeling inner peace.  
May all people on earth become as brothers and sisters.  
May longed-for peace blossom forth and reign always over us all.  
Amen.*

# Something to think about....

For most of us, the word 'peace' has a certain wistfulness to it: an 'if only' quality. This sense of wistfulness arises because we can think of countless things that prevent us from experiencing the peace we desire.

Each one of us can come up with our own list of 'if only' - of the situations or the people we would like to change so that our lives wouldn't feel so rushed, anxious and stressful. Such lists, of course, imply that peace is situational.

## Something to talk about...

- What are the things that stop us feeling at peace?
- What are the stresses in our life that cause us anxiety?
- What can we do to feel more at peace with ourselves and others?

### Sources of stress

Stress is the body's response when it senses danger. We all experience stress and need it to function. But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.

#### Some common sources of stress in young people:

- Emotional**
  - Peer pressure including on social media
  - Abuse or bullying (online or in person)
  - Conflicting cultural values and beliefs
  - Coping with uncertainty
- Environmental**
  - Discrimination based on race, sexuality, gender, or disability
  - Poor or unstable housing
  - Social isolation
  - Unemployment, money worries
  - Academic pressure
- Physical**
  - Late nights or lack of routine
  - Poor diet
  - Misuse of alcohol or drugs
- Life changes**
  - Leaving home
  - Changing schools, or the transition from school to university
  - Family or relationship breakdown
  - Accidents, illness or bereavement
  - Legal issues, arrest or imprisonment

**6 in 10** young people experience levels of stress that interfere with their daily lives.

If you are stressed or facing any of the issues above, you're not alone. **Support is out there.** See self-care and support to get started.

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### Self-care and support for young people

Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress. Here's some **self-care tips** to help protect against stress:

#### Try

- Nurture your physical health** – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.
- Set aside time to have fun or do something nice for yourself** – positive emotions can help build a buffer against stress.
- Spend time on an activity you enjoy** – whether painting, playing guitar, or learning a new sport.
- Talk to someone** – tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.

#### Avoid

- Overdoing it on caffeine, alcohol or sugar** – they're a quick fix which can increase stress in the long term.
- Overworking** – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.
- Chasing perfection** – it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.
- Too much screen time** – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.
- Bottling up your feelings and assuming they will go away** – this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself – there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university. There are also plenty of organisations out there who can help. See **list of support organisations**

For more wellbeing tips find us on social media. Search 'MHA England'

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## WHAT'S ON THIS WEEK?

Wednesday is World Mental Health Day. You will hear more about this in assemblies this week.

On Wednesday evening we have the Year 7 Mass of Welcome in the Sports Hall with our Year 7 pupils and their families.

Breakfast with God is on Friday at 8:35am in the Junior Dining Room. Come along for tea, toast and prayer.

