

BWLETIN LLES

Straen a Iechyd Meddwl

Mae llawer o ddyddiau codi ymwybyddiaeth ym mis Tachwedd, gan gynnwys ymwybyddiaeth o gancr y geg, ysgrifennu nofel a diwrnod Fegan. Ond ar ddechrau'r mis bydd y ffocws ar straen a iechyd meddwl. Bydd cyfres o wasanaethau yn cael eu rhannu i drafod dulliau sut i ymdopi â straen yn yr ysgol. Fel ysgol rydym yn ymwybodol y gall pawb ddioddef o straen ar adegau ac yn arbennig ein disgyblion hynaf sydd o dan straen arholiadau/gwaith cwrs. Mae GIG ac elusennau iechyd meddwl yn cytuno ar 3 ffordd syml i ymdopi â straen:

Ymarfer Corff

Ni fydd ymarfer corff yn cael gwared o straen, ond bydd yn lleddfu'r teimlad o emosiwn dwys, yn clirio eich meddwl ac yn eich galluogi i ddelio gyda phroblemau yn fwy pwylllog.

Rheolwch y Sefyllfa

Mae modd datrys pob problem. Os na fyddwch yn gwneud dim byd ac efo'r meddylfryd "dwi ddim yn medru gwneud dim am y broblem", bydd y straen yn gwaethygu. Siaradwch gydag aelod o staff neu weithiwr proffesiynol.

Cadw mewn cysylltiad

Mae rhwydwaith dda o ffrindiau a theulu yn medru lleihau straen, drwy eich galluogi i weld pethau o safbwynt gwahanol. Mae cymdeithasu gyda ffrindiau yn hwyl, sy'n lleihau straen.

Gellir cael mwy o wybodaeth a chysylltiadau defnyddiol ar ein gwefan a GIG:

<https://www.ysgoluwchraddbodedern.org/cy/disgyblion/lles>

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

Tachwedd 2021

WELFARE BULLETIN

Strain and Mental Health

There are several awareness days in November, including mouth cancer awareness, writing a novel and Vegan Day. But at the start of the month, the focus will be on strain and mental health. There will be several assemblies during the week to share and discuss how to cope with stress at school. As a school we are aware that everyone can suffer stress at times, especially our older pupils, who are under pressure from exams and coursework. The NHS and mental health charities agree that there are 3 simple ways to cope with strain.

Be Active

Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts, and letting you deal with problems more calmly.

Take control

There is a solution to all problems. If you do nothing, thinking "I can't do anything about the problem", your stress will worsen. Talk to a member of staff or a professional.

Connect with people

A good support network of friends and family can reduce stress, by helping you to see things differently. Socialising with friends is fun, which reduces stress.

More information and helpful contacts are available through our website and the NHS.

<https://www.ysgoluwchraddbodedern.org/en/pupils/welfare>

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

November 2021