

From: CCN College Life
To: City College Norwich All Students Mailing list
Subject: Student Wellbeing Newsletter - February
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February 2024

Dear Students,

Hello from the Wellbeing and Safeguarding Team

This month's Wellbeing newsletter focuses on understanding your emotions.

It is really important that we take time to look after our mental health and wellbeing. Our teams are on hand to support you with this. We hope the information below will give you some tips on how to look after your own wellbeing.

Understanding your Feelings

"Understanding your feelings is the ability to notice and handle your emotions in the right way. It's a skill you will build up as you through your life experiences and as you get to know yourself better, but it doesn't mean that you can't work on it.

The main things to think about when understanding your feelings are:

- Being self-aware - thinking about your own thoughts and feelings and how they might affect your body.
- Managing those feelings - working on ways to accept or deal with some feelings, using methods like mindfulness, relaxation or body positivity.
- Awareness of others - thinking about how you relate to other people and their feelings.
- Managing your relationships - how you speak and listen to other people and how you maintain positive friendships and relationships."

Just One Norfolk (no date) *Understanding My Feelings*. Available at: <https://fyinorfolk.nhs.uk/emotional-mental-health/understanding-my-feelings/> (Accessed: 1 February 2024).

How can I understand what I am feeling?

Sometimes it can be really difficult to name what we are feeling. We recommend using a 'feelings wheel' to check in with yourself and help you identify what it is that you're feeling.

You can use them by considering which basic category of feelings you're in, and working your way out to think about it in a more exact way, choosing an adjective that best describes it for you. From there, you can work out what you need to do next to regulate your emotions.

If you would like any help with identifying your emotions or finding techniques to help you regulate please speak to the Wellbeing team.

You can give it a try now:

Emotional Feeling Wheel



If you would like to download your own copy you can find a copy [here](#).

If you would like to look at suggestions for regulating emotions we recommend these links:

- [Healthline](#)
- [Young Minds](#)
- [NHS Wellbeing](#)

Introducing FYI Norfolk

A screenshot of a computer  Description automatically generated



A new website [FYI Norfolk](#) has just been launched to help support young people with some of the issues and concerns they may face. The Website gives advice on Health, Education, Relationships & Friendships, Emotional & Mental Health, Additional Needs & Disability and Home & Family life. It is designed to both support you with self-care and discovering who can help.

How to get support

If you feel you need to talk over a concern or problem, wellbeing can offer you one-to-one confidential advice and support. To find out more please see our [Wellbeing website](#) which is full of helpful info, hints, tips and strategies for looking after your wellbeing as well as contact information for other supportive agencies you may find helpful. You can also send us an email at wellbeing@ccn.ac.uk.

You can also attend Wellbeing drop ins without making a referral. These are held:
Ipswich Road, Norwich site – Tuesdays and Thursdays 11-1 in the Wellbeing Zone.
Easton site – Daily 11.30-12.30 in JB151A.
Paston site – Thursdays and Fridays 8.30-2 in the Tutorial Hub.

Quiet wellbeing spaces to carry out self-management strategies independently can be found at each site:

- **Ipswich Road, Norwich Site** – Wellbeing Zone
- **Easton** – Jubilee Building Reception sofa area
- **Paston, Griffons Site** – CO.4.A Study Area
- **Paston, Lawns Site** – Library/Study Space
- **Norfolk House** – Quiet Room, foyer
- **IAAN** – Foyer/Café area

These spaces can provide a quiet space to get away from the stress and pressures of everyday life.

More support

- [Norfolk Wellbeing Service](#) offers support for young people in Norfolk and Suffolk
- The NHS have published a website dedicated to [mental Health and self-care for young people](#)
- Mental Health UK have published [5 Top Tips for Mental Wellbeing](#).
- Mind have published [How to improve your mental wellbeing](#)
- [More resources here](#)

Remember

1. You're not alone
2. It's okay to not always feel okay
3. We're here to help.



Our mailing address is:
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We've sent this email to every student at City College Norwich, Paston College and Easton College.