



Salesian College

February 1st to February 7th 2021

It goes without saying that now more than ever we all need to look after ourselves both physically and mentally and take a proactive stance in staying healthy. We all know that we have to work at staying physically healthy but it can be easy to forget that we also need to work on our mental health too and that our physical and mental health are very much connected to each other. For this reason, we are coming together as a school community, students, staff and all our families to take the 3-2-1 challenge for one week! We are asking everyone to commit to the following 3 steps every day for 7 days for better mental health.

30 minutes movement



This can be walking, running, cycling, resistance training, yoga, following the great PE classes that are posted weekly on Teams or anything at all that takes your fancy! The main aim is you are active which we all know gives our mood a boost and can improve our mental health if we engage regularly.

20 minutes spent doing something you enjoy



We are all familiar with the '50 ways to take a break' posters on the walls in every classroom in the school. Why not pick one of these activities or anything else you enjoy? Listening to or playing music, arts and crafts, cooking, baking, writing, playing, making something, there's lots you can do to help you unwind and relax each day other than screen time!

10 minutes to connect in with one person



This last step is one of the most important things we can do to help us stay connected to each other. We are all using the word isolation in our daily vocabulary and we are all isolated and separated from each other at the moment in order to stay healthy. However, for so many of us this can also mean that we also feel alone or lonely. And although we are all in this together, it can be easy to forget this as we stay in our homes.

So, number 1 means that each day, for 7 days you will reach out to somebody and ask them how they really are.

- It can be your family, maybe you have grandparents you don't get to see but who would love a phone call, your parents or brothers and sisters who you see every day but may not check in with them to see how they are really doing right now, or perhaps a friend you haven't talked to in a while. It can be anyone you know!
- In doing this, we may find that after 7 days simply by checking in with one other person and having a real conversation about how they are coping with everything right now, will also help us to feel better and open up the conversation about our mental health.
- Social Media is fantastic (and who doesn't love Teams!) so this can be a great way to connect with people but if you can try to connect by calling someone on the phone or having a conversation face to face (with the people you live with, with whom it is safe to do so) that would be wonderful.

Imagine what would happen if all of us in our school community did this every day for 7 days? We would literally have thousands of people showing they care by connecting with someone and spreading a really important message that will benefit us all.

So that's it! 3-2-1 for 7 days, the whole school community committing to this together to help us stay healthy, relax and connect with each other. We will be talking to you all throughout the week to see how we are all getting on!

Good luck everyone!

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MOVE

2



ENJOY

1



CONNECT