



Integrated Specialist Public Health Nursing School Nursing Newsletter

December 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.

GRIEF AWARENESS WEEK

From 2nd-8th December

Grief is the way we respond to loss.

The most common symptoms include:

Shock and Numbness – "feeling in a daze".

Overwhelming Sadness, with lots of crying.

Tiredness or Exhaustion.

Anger .

Guilt. Which could be about something you said or did not say, or not being able to stop your loved one dying.

Most people experience grief when they lose something or someone important to them.

These feelings can begin affecting your life.



It's not always easy to know when bereavement, grief or loss are the reason you are acting or feeling differently.

Your grief might feel chaotic and out of control, but these feelings will eventually become less intense over time.

There are things you can do to help yourself.

1. **Manage Stress**—if you have a lot of stress in your life, try to find ways to reduce it. Breathing techniques can help.
2. **Enjoy Yourself** –Doing simple activities that you enjoy such as a soak in the bath or meeting up with friends.



When it comes to **grief**, there is **no right or wrong way to feel.**

3. Boost your Self Esteem. Treat yourself as you would a valued friend, in a positive way. Think about what you would say to a valued friend.

4. Choose a Healthy Lifestyle make good choices including drinking enough water.

5. Have a Well Balanced Diet. Making healthy choices about your diet can make you feel emotionally stronger. A good diet helps your brain and body work efficiently too.

6. Exercise. Even moderate exercise releases chemicals in your brain that lift your mood. It can help you to sleep better, have more energy and keep your heart healthy. Choose an exercise that you enjoy. If it helps do it with a friend or listen to music.

7. Get a Good Sleep. Young people need 8-10 hours of sleep each night. Turn screens off before bed. Try not to eat too late and think about caffeine intake close to bedtime.

8. Talk talking things through helps you to release tension, rather than keeping it inside. It helps strengthen your relationships and connect with people.

Lots of people find talking to a professional about things that are troubling them very helpful.



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 \(SEND\) | Humber ISPHN](#)

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.



Useful resources/websites

<https://www.cruse.org.uk>

<https://www.winstonswish.org>

<https://www.childbereavementuk.org>

<https://www.healthforteens.co.uk>

Helpline numbers

[Helplines](#)

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

