

**From:** [CCN College Life](#)  
**To:** [City College Norwich All Students Mailing list](#)  
**Cc:** [Alex Wallace](#); [Helen Richardson-hulme](#)  
**Subject:** Student Safety and Wellbeing  
**Date:** 17 November 2022 09:21:38  
**Attachments:** [image001.png](#)  
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## Welcome to your Student Safety and Wellbeing email

At the beginning of October we asked you via an opinion poll, what topics would be helpful to hear more about on the subject of Wellbeing and safety. We received a great deal of responses and 4 topics emerged that clearly held the most interest, therefore to further that conversation we have shaped this email around an introduction to those topics.

### Coping with anxiety

Experiencing feeling of anxiety is normal and part of a healthy range of emotions in the right context. Anxiety occurs when you are worried about something or perceive something as a danger and this can present in a variety of ways. The way each person experiences feelings of anxiety can be very different ranging from, butterflies in the stomach to sleepless nights, from grumpiness to panic attacks.

It really important that we don't ignore these signs as leaving them unchecked can often make them worse.

There are two things to think about when we notice we're feeling anxious:

1. **What am I feeling anxious about and what can I do to address the matter?**

For example, I'm worried about an assignment – I can plan a quiet time to work on the assignment ahead of the deadline so I have time to talk to my tutor / ask for help if I need to. Another example would be that I'm worried about a friendship – I can talk to a supportive mutual friend, write down my worries / thought or plan what I want to say.

2. **How can I manage these feelings?**

Learn how to take control of your thoughts with strategies like the 5,4,3,2,1 approach. Force your mind to focus on:

- i. 5 things I can see
- ii. 4 things I can hear
- iii. 3 things I can touch
- iv. 2 things I can smell
- v. 1 thing I can taste
- vi. Repeat as needed

Learn to control your breathing with strategies like the square breathing technique, sometimes called box breathing.

Talking about your anxious feelings is a very important part of working through them and understanding them, find someone your trust and take time to talk it through together. Even if you don't know exactly how to word it.

## Coping with low mood

Like feeling anxious, periods of low mood are a normal part of the range of human emotions however Low mood can range from short periods that are self-manageable to long periods that may need some support to overcome.

When you notice that you're feeling low, you can start to tackle this by thinking about strategies like "The 5 ways to Wellbeing" and proactively building each of these points into your weeks.

1. **Connect with people** – Big group nights out, sports teams, or quiet cups of tea with one close friend... know what works for you and plan it in.
2. **Learn something new** - song, skill, language, hobby.... remember failure then trying again is a normal & healthy part of the learning process.
3. **Be physically active** – running, walking, dancing, football, yoga, rock climbing... what ever you find you enjoy, try at least 30 minutes per week and make sure you get out of breath and break a sweat.
4. **Hobbies and interests** – remember what makes you you, remember what you enjoy and remember to plan time in for this.
5. **Give** – time, attention, money, energy... remember you can and do have a positive influence on the world around you however big or small a contribution you give, it all makes a difference.

If you feel low for a long period of time and nothing seems to help [you should talk to your doctor](#). They will be able to see if your low mood might be linked to a mental health problem, like depression. If this is the case they will also be able to talk you through some different support options, like counselling, to see what's right for you. Websites like [Doc Ready](#) can help you to plan what you want to say to your Doctor and how to word it.

## Building confidence and self esteem

Building your confidence and self-esteem can take time and practice. What helps you now may not be the same thing as what helps in the future or what helps someone else. There are lots of things you can do to improve the way you feel about yourself.

It might feel like a big step to make changes. Start by trying a couple of new things each week, until you find what works for you. Go at your own pace and don't put too much pressure on yourself – small changes can make a big difference.

- Be kind to yourself
- Look after yourself

- Focus on the positives
- Spend time with people
- Learn to assert yourself
- Do things you enjoy
- Act confident when you don't feel it – sometimes it falls into place

For more tips and info check out the [College's Wellbeing resources page](#)

## Healthy Relationships Vs Unhealthy Relationships

<p>In a healthy relationship you would:</p> <ul style="list-style-type: none"> <li>• Both feel equal</li> <li>• Respect each other's thoughts, opinions and choices</li> <li>• Encourage one another to see friends and family members</li> <li>• Make one another feel safe</li> <li>• Respect one another's boundaries and being ok with saying no</li> <li>• Make one another feel happy and loved</li> </ul>	<p>In an unhealthy relationship you would:</p> <ul style="list-style-type: none"> <li>• Feel lesser or feel controlled.</li> <li>• Not feel respected and heard by your partner</li> <li>• Feel controlled. Disconnected from friends and family.</li> <li>• Feel unsafe or scared around your partner</li> <li>• Feel pressured or coerced and not comfortable saying no</li> <li>• Feel useless or worthless</li> </ul>
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### For more info and advice

Our Wellbeing website is full of helpful tips, tricks, strategies and links on the subjects raised above as well as lots more. You can also submit a quick referral to the Wellbeing team if you are struggling and need to talk to someone.

Click this link to go there now [Wellbeing \(sharepoint.com\)](#)

Or you can contact our Safeguarding Team if you feel that you or a friend needs help to keep safe from harm, please tell us. We will always respond, and we are here to help you.

Contact a member of the Safeguarding Team by email at [safeguarding@ccn.ac.uk](mailto:safeguarding@ccn.ac.uk) or to call Safeguarding:

- Norwich and Paston 07795 487645
- Easton 07772 785346

Safeguarding members of staff: our Safeguarding Officers are Marie Pacey and Sam Warner. Designated Safeguarding Leads are Jerry White, Seb Gasse, Jacky Sturman and Helen Richardson-Hulme.

Kind Regards

**Alex Wallace** (he / him)

**Library and Wellbeing Team Leader**

**Designated Teacher for Looked After Children and Care Leavers**

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