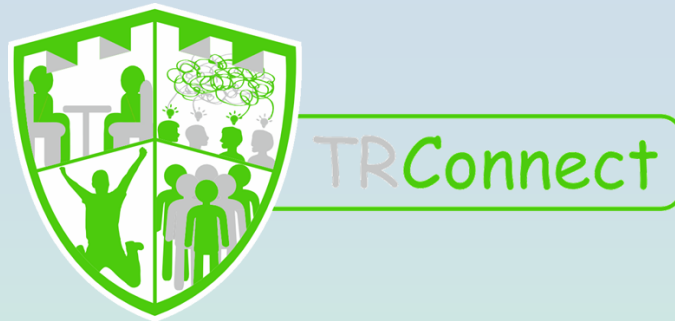




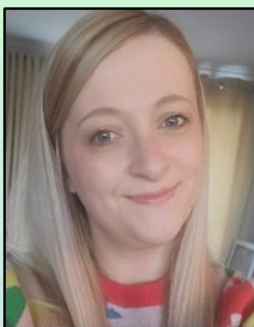
Issue 6

Stress and Anxiety

We're in the final stretch of the first term, working towards the break over the Christmas period. We hope it has been a smooth and successful transition from GCSE's or Year 12 studies. Things can feel overwhelming and stressful at times and that's why it is so important to look after yourself and make time for self care, in addition to any homework, coursework or revision that you are doing. Within this issue we will offer guidance and strategies to support if you are faced with stress and anxiety.

The **TRConnect** team below are available in college to support if you need any further support or guidance around your mental health and wellbeing. Inside the newsletter will be information on how you can visit us at drop in sessions, or contact us via a self-referral route.

The TRConnect team



Charlotte McGowan

HLTA & Mental
Health Support
Team
Co-ordinator

W208



Michelle Rowbotham

HLTA &
Health &
Wellbeing
Coach

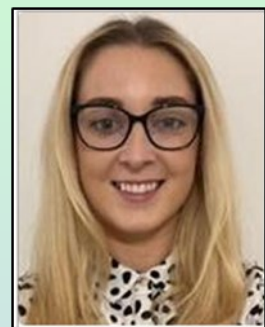
W207



Gemma Bridgstock

College
Counsellor

M102C



Jess Inglis

College
Counsellor

M102E

What is Anxiety?

The below articles were created by two of our Peer Mentors in college—**Elise Moorwood & Melissa Hilton**. Thank you both for supporting with the TRConnect Newsletter.



Everything you need to know about anxiety



What is anxiety?

Anxiety is a common emotion that many individuals experience in times of stress and perceived danger, or for no reason at all. Anxiety makes people feel quite uneasy, worried and fearful.

Almost everybody experiences anxiety, but it can be experienced on different levels. For instance, some people suffer with it mildly whereas some suffer from severe anxiety which can impacts their daily life severely.

There are many different strategies which people can follow to help manage their anxiety.





Coping with anxiety



How to cope with anxiety:
One way is through breathing exercises such as the 4-7-8 method. You can try inhaling through your nose for a count of four, holding your breath for seven, and exhaling slowly through your mouth for eight, repeating four times.

Talking to friends and family is another great way for people to help manage their anxiety. It is important to create a safe space with friends, family and teachers as it can reduce feelings on loneliness, and it allows you to receive crucial support and comfort for individuals to manage their mental health much easier





Coping with anxiety



Exercising regularly is another way that we can cope with anxiety. There are many benefits to exercising regularly as it releases feel good chemicals known as endorphins which work to naturally improve mood as well as naturally improving stress. It is something which people find enjoyable and can be used as a distraction.

Engaging in your hobbies is another way that can help reduce anxiety. By doing activities that you are interested in such as sports, music, art, it can be used a distraction from any anxious thoughts you may have. It can help improve mood and allows us to feel relaxed which helpful in gaining control of anxiety.



Facing your fears



Facing your fears is a great way to control your anxiety. Facing your fears involves exposing yourself to certain triggers and fears that you may have which cause your anxiety.

If we constantly avoid our fears, then it can make it makes it harder for you to face them as they will become much more daunting. Each situation you face makes it much easier as you will realise the outcome wasn't as bad as you thought!

By facing your fears, it will gradually help improve your anxiety and mental health as you will understand how to cope and deal with certain situations you may have previously found quite difficult. The more fears you face the less anxious they will make you feel.



The 4 F's



The 4 f's are a common response to perceived threats and danger however if they are used in response to everyday stress then it can become an issue.

Flight~ This response involves escaping from the perceived danger. Your body's instinct is to run away from the threat.

Fight ~ This is a response of confrontation. Your body's instinct is to confront the threat.

Freeze~ In this response, you become "stuck" to avoid danger. Your body's instinct is to remain completely still and silent.

Fawn ~ This response involve appeasing behaviour to avoid conflict to make the "threat" go away. It often involves trying to be helpful to others to keep them happy and prevent them from becoming angry.



World Mental Health Day

THANK YOU !!

We wanted to send a big thank you to all students who wore yellow, spread awareness by discussing mental health, or just acknowledged the day. It was lovely to see a wave of yellow clothes around college, and see students interacting with the external agencies that came in to offer advice and guidance over lunch in the Courtyard. We asked all students to complete a Wellbeing Survey on this day and received 373 responses. Please see your feedback and our responses below.

Is there anything you feel that college could do/offer to support your wellbeing?

Your feedback	Our response
"Maybe let people know what support is available to them outside of college"	There's lots of support available in and outside of college. Further information about this is accessible by attending the drop in sessions. Please see information on page 10 for drop in session times. Click THIS link for information on external agencies in our local area.
"More clubs to allow people to interact and maybe allow basketball in the hall during lunch times"	The best person in college to speak to about clubs any new suggestions or ideas would be Tom Dixon, the Student Engagement lead (t.dixon@trc.ac.uk). We are also very interested in supporting students who don't have any friendships/connections in college. If you feel you would like to support with a Lunch club please contact c.mcgowan@trc.ac.uk .
"Support in exams and making friends"	We have an Exam Stress workshop coming up in the New Year. Keep a close eye on your emails to sign up for this. We are very interested in supporting students who don't have any friendships/connections in college. If you feel you would like to support with a Lunch club please contact c.mcgowan@trc.ac.uk .
"Set more 1:1s with people" "1-1s, which I already have, it helps a lot :)"	You can make contact with your Tutor or Thrive keyworker (if applicable) if you feel like you need to speak to a member of staff at college. You can also attend the drop in sessions to speak to a member of the TRConnect team to discuss additional support available.
"Make the counselling more accessible"	Counselling is one of the available forms of support in college so may or may not be the most suitable/appropriate route for you. Please attend the drop in sessions (information on Page 10) and/or make a self-referral to discuss this further with a member of the TRConnect team.
"Offer more availability for discussing mental health related conversations throughout the day not just in the morning times"	We have agreed that it was necessary to offer more drop in sessions so they are now available 8-9 every morning (8.30 on Friday) and lunch times (11.40–12.20) on Monday and Tuesday.
"A system for people who might struggle to speak when overwhelmed/not in the right head space"	You can always make contact with your teacher/tutor via email if you are feeling overwhelmed/not in the right head space. We do also have a wellbeing room situated in the Main building (M102F). This is where the drop in sessions are held but also offers a space in college to go for a short time to self-regulate. This isn't a social space, cannot be used to work in, in replacement of being in lesson and is only offered to one student at a time.
"Delay the first period by an hour"	I'm sure we would all love a later start to the day but it would mean that we would be finishing the day an hour later, which also isn't ideal. And at the minute, it would be very very dark when we get home!
"No I think everything needs is supporting well and is already in place"	Thank you. We really do want to support all students as much as possible and are open to any further feedback or suggestions you may have to help us to make any improvements. If you have any additional feedback, please email c.mcgowan@trc.ac.uk .

Self Care Tips

Taking care of yourself is still something you need to keep in mind, especially at this time of year as it's common to struggle with the darker, shorter days, and colder temperatures.

As we approach the Christmas period, after nearly a whole term at college, please be kind to yourself and allow yourself a balance of homework, revision and self care.

Physical	Emotional
• Eat a healthy diet. • Try some relaxation tips. • Have a break from technology: put phone on do not disturb/airplane mode • Exercise regularly for 30 minutes. • Have a bath, or shower.	• Write a gratitude journal every morning • Develop positive friendships • Do something which you enjoy • Allow yourself time to be present with emotions • Validate how you are feeling and accept your emotions • Keep a mood diary • Make time to speak to others about how you feel. • Focus on yourself—don't compare yourself to others
Social	Practical
• Arrange to see friends • Arrange a phone call, or video call • Join a local group • Make a bucket list with friends • Spend time with family • Start a hobby, or join a club	• Organise your day • Try and get dressed every morning • Set goals both short term and long term • Create a timetable • Use a diary • Learn something new • Make a list of long term tasks you need to complete that you can do when you're bored and tick them off once completed • Be realistic about what you can achieve in one day • Make time to find the right balance - take regular breaks

Christmas Tool-kit

Christmas Support



Christmas Self-care List

DECK THE HALLS (MAKE THINGS COSY AND CHRISTMASSY)
BAKE CHRISTMAS COOKIES

QUALITY TIME WITH SOMEONE YOU CARE ABOUT

ENJOY A HOT DRINK

CLEAR SOME SPACE IN YOUR SCHEDULE TO DO NOTHING

UNPLUG FROM TECHNOLOGY

TRY SOMETHING NEW (CHRISTMAS THEMED)

RELAX!!!

DO SOMETHING PEACEFUL (YOGA/MEDITATION)

HAVE A SILENT NIGHT

DO YOU WANNA BUILD A SNOWMAN?

HAVE A HOLIDAY MOVIE NIGHT

JOURNAL AND SELF-REFLECT

SET YOUR INNER CHILD FREE

DO SOMETHING NICE FOR YOURSELF

BLAST YOUR CHRISTMAS PLAYLIST

HOLIDAY PJS AND CHILL

GET TRADITIONAL

December Kindness 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2026				

ACTION FOR HAPPINESS

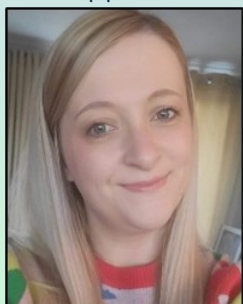
Happier · Kinder · Together





Mental Health & Wellbeing Support at TRC

Please find further information about the TRConnect service below. We do advise students to attend the drop in sessions in the first instance, so we can offer advice, signposting and self-help resources. If we feel it is appropriate, we will discuss more about the self-referral to look at the additional enhanced support available.



Charlotte McGowan

HLTA & Mental
Health Support
Team
Co-ordinator

W208



Michelle Rowbotham

HLTA &
Health &
Wellbeing Coach

W207



Gemma Bridgstock

College
Counsellor

M102C



Jess Inglis

College
Counsellor

M102E

Drop in sessions

Please find the information about the days and times below. Within the drop-in sessions, you will be able to access signposting from a member of the TRConnect team and access practical self-help resources to gain more strategies to support your wellbeing. These are located in **M102F**, the narrow corridor near the careers team and Student Services.

Day	Time
Monday & Tuesday	8-9 11.40—12.20
Wednesday & Thursday	8-9
Friday	8-8.30

With Me in Mind & Talking Therapies

We can offer and support referrals to With Me in Mind (under 18s) and can signpost and offer advice regarding self-referrals to Talking Therapies (over 18's). Please see the below links for further information about both of the services.

[With Me in Mind](#)

[Talking Therapies](#)

Peer Mentors

We have a group of Peer Mentors (trained by With Me in Mind) who can offer support sessions with our students with low level support needs. We make sure that we allocate peer mentors by aligning interests, hobbies and future aspirations and goals.

Counselling

The TRConnect team support students who may be struggling with anxiety/low mood, particularly if these are barriers to your learning, however if these issues are impacting on all areas of your life, counselling might be a more appropriate source of support. Counsellors are more likely to work with a student who has been diagnosed with a mental health disorder, but not exclusively.

Please take a look at [A-Z of local Support Services](#) for links to services in the local area.



Upcoming TRConnect workshops

Workshop	Day	Time
Understanding Anxiety & Worry	Thursday 22nd of January	11.30–12.30
Sleep	Thursday 5th of February	11.30–12.30
Exam Stress	Thursday 12th of March	11.30–12.30

All of the workshops above are extremely beneficial and will offer support and guidance on a range of different topics.

If you would like to sign up to any or all of the workshops or have any further questions please email the TRConnect team on the email below.

trconnectreferral@trc.ac.uk

Students will be authorised to leave the green block lessons early and arrive at purple block lessons late.

You are encouraged to bring your lunch along to the workshop.

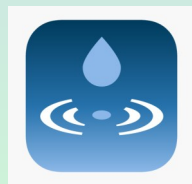
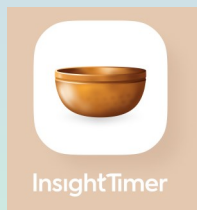
You are more than welcome to come as a group with friends, just please give us all the names so we can add to the list.

The workshops can be popular so we will work on a first come first serve basis so book your place as soon as possible.

Useful Apps

Awareness Days

Insight Timer



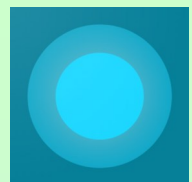
UCLA Mindful

Healthy Minds



Mindfulness Coach

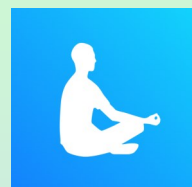
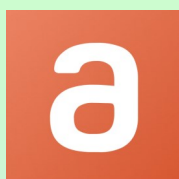
Happy Color



Breathe: Relax & focus (Android)

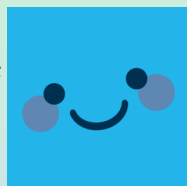
Breathe: Relax & focus (Apple)

Amaha



The Mindfulness App

My Possible Self



Focustodo - using the pomodoro technique to help you perform efficiently

Light up a life Day

5th of December

National Brownie Day

8th of December

National Llama Day

9th of December

Human Rights Day

10th of December

TRC Christmas Jumper Day

15th of December

Arabic Language Day

18th of December

Last day of college before Christmas

19th of December

December Solstice

—

20th of December

Bah Humbug Day

Look on the bright side day

21st of December

Christmas Day

25th of December

Take a look at what's coming up in our future TRConnect newsletters

Newsletter issue	Topic	Date
Issue 3	Sleep	08.01.26
Issue 4	Low mood	26.02.26
Issue 5	Exam Stress	16.04.26
Issue 6	Mindfulness / Grounding	04.06.26
Issue 7	Self-care over summer	06.07.26

The Learning Support team (Thrive)

You may feel that you require some additional support on key study skills to help you within your chosen subjects, for example, extended writing skills, understanding your assignments and essay questions, understanding and using subject terminology and managing your workload. Please discuss the variety of support options available in college by contacting your Progress Tutor or pop over to speak to someone in the Thrive department (Woodhurst Building, 1st Floor in W101).

Careers & Work Placement Team

The Careers and Work Placement Team are fully qualified and offer expert informed careers education, impartial advice, and guidance to all students. The team can help you with your current skills and support you to develop new ones, tailored to your future career options. If you have any questions/queries regarding your future career options and work placement opportunities, don't hesitate to get in touch with the team on careers@trc.ac.uk.

Please click [here](#) to see an image which shows how mapping out your thoughts and ideas on your future goals and career can help with your wellbeing.

Safeguarding

The college safeguarding team cover multiple issues to ensure all students are kept safe and free from harm. Understandably, we cannot be with our students full time, so we hope to empower them with knowledge and information to build resilience, as well as opening doors to access services outside of college to prepare them for independence. For further information regarding our safeguarding team, [click here](#).

If there is something urgent and you feel there is an immediate risk / danger to you or someone you know contact the police on 999.

If you are under 18 you can contact **Rotherham** MASH (Multi-Agency Safeguarding Hub) on 01709 336080.

If you would like to report a concern about a child or young person via Rotherham Metropolitan Borough Council, click [here](#).

Safeguarding numbers for the surrounding areas:

Sheffield – 01142 734855

Barnsley – 01226 772423 Out of hours – 01226 78778

Doncaster – 01302 737777 Out of hours – 01302 796000



TRC
THOMAS ROTHERHAM COLLEGE



TRConnect