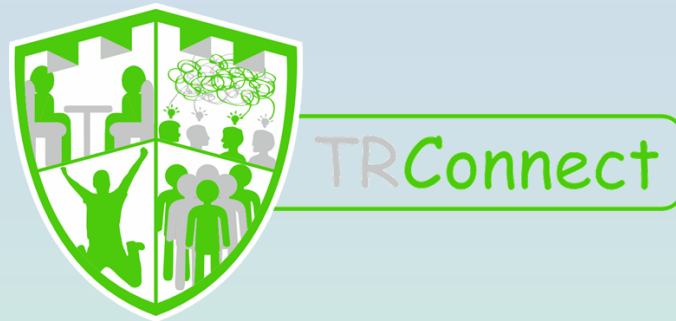




Mindfulness & Grounding

We're now in the final half term of the academic year, with just a few weeks to go until summer. This time of year can feel busy, stressful, and sometimes overwhelming, especially with exams, deadlines and next-step decision. That's why it's really important to make space for self-care and look after your wellbeing alongside revision and coursework.

We wanted sharing some useful tips, including mindfulness and grounding techniques, to help you manage stress and stay on track during these final weeks. This issue will give you quick, practical tools you can use straight away.

The TRConnect team is here to support you. If you feel like you need any extra help or guidance, please don't hesitate to reach out.

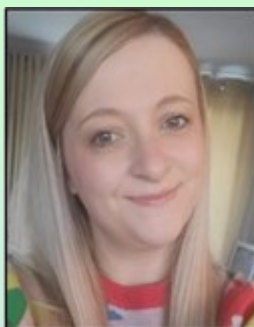
The TRConnect team



Jess

College
Counsellor

M102E



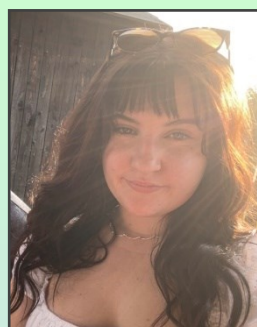
Charlotte

Mental Health Support
Team Coordinator

Youth Mental Health
First Aider

Registered Trauma
Informed Practitioner

M102C



Abby

Thrive Keyworker –
SEMH lead

Trainee
Counsellor

W101/ W208



Mental Health & Wellbeing Support at TRC

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 16 1/2). 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.

Mental Health Awareness Week 2026



THANKYOU FOR YOUR SUPPORT!!

Mental Health Seminar

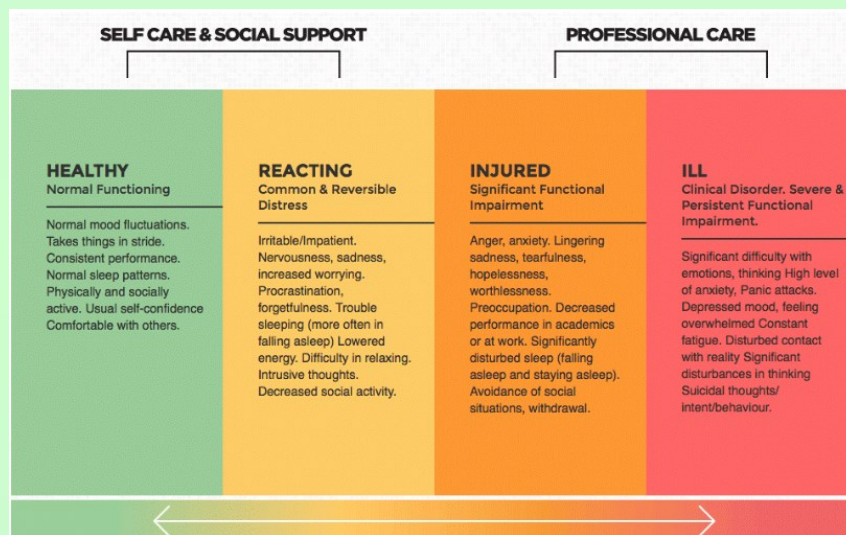
A big thank you to all Year 12 students who attended last half term's seminar on Mental Health, delivered by Charlotte.

Students were invited to scan a QR code and complete a short, anonymous form using their phones. While responses were anonymous, there was also an option for students to provide names and student ID's if they wished to receive further signposting information or support.

9% of respondents left their details which means we have been able to follow up with those students in taking positive next steps towards improving their mental health and wellbeing.

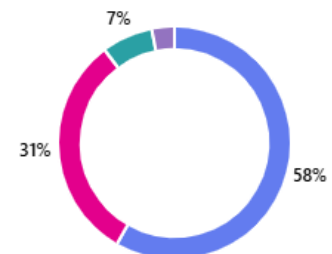
Taking time to reflect on your emotions is an important part of looking after your wellbeing.

It helps you build life skills that will support you long into the future. It's also a reminder to check in with those around you—because you might not always know how someone is really feeling.



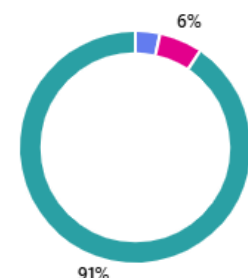
1. How would you rate your Mental Health & Wellbeing?

● Healthy – I'm doing well	222
● Reacting – I'm feeling a bit off	120
● Injured – I'm struggling	27
● Ill – I'm really struggling and need support	12



2. Do you want someone to contact you for support?

● Yes - please see question 3.	13
● No - but I'd like some signposting information and resources that I can look at sent via email. Please se...	23
● No	345



What is mindfulness?

[YouTube—What is Mindfulness?](#)

Being present in the moment

Noticing thoughts without judgement

Reducing overwhelm

Mindful eating.

This involves paying attention to the taste, sight and textures of what you eat. Try this when drinking a cup of tea or coffee for example. You could focus on the temperature, how the liquid feels on your tongue, how sweet it tastes or watch the steam that it gives off.

Mindful moving

While exercising, try focusing on the feeling of your body moving. If you go for a walk, you might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells around you.

Body scan

This is where you move your attention slowly through parts of your body. Start from the top of your head and move down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body.

Mindful colouring and drawing

Rather than trying to draw something in particular, focus on the colours and the sensation of your pencil against the paper. You could use a mindfulness colouring book or [download mindfulness colouring images](#).

Mindful meditation.

This involves sitting quietly to focus on your breathing, thoughts, sensations in your body or things you can sense around you. Try to bring your attention back to the present if your mind starts to wander. Many people also find that yoga helps them to concentrate on their breathing and focus on the present moment.

30 Day Mindfulness Challenge

1	2	3	4	5	6
Create a goal for the day.	Make smaller food portions at meals.	Practice deep breathing to reduce stress and anxiety.	Sit in silence and pay attention to your surroundings.	Relax and listen to your favorite music for 20 minutes.	Step away from your phone for a couple hours.
7	8	9	10	11	12
Try to do things with your opposite hand, like eating.	Have a conversation with someone you normally would not.	Stop stressing and get up and exercise/move.	Mindfully listen to conversations.	Practice five minutes of breathing meditation.	Think of what you are stressing about and how you can handle it.
13	14	15	16	17	18
Take a walk and pay attention to your surroundings.	Give someone a hug.	Compliment three people.	Spontaneously dance for five minutes.	Pay attention to how you use your senses today.	Reflect on your day and establish your successes.
19	20	21	22	23	24
Have a meaningful conversation with your family.	Remember to be thankful.	Write a poem/journal entry about your day.	Pay attention to what food you eat, and how it makes you feel.	Read a chapter or two of your favorite book.	Spontaneously laugh.
25	26	27	28	29	30
Sit in silence and/or meditate for 20 minutes.	Take a longer shower and pay attention to the warm water.	Make a list of 5 things you are grateful for.	Color outside the lines.	Make a to-do list of everything you want to get done.	Get off your phone/electronics for three hours.

FREE Mindfulness course

Mindfulness for Health

[Mindfulness for Health | NHS Sheffield Talking Therapies](#)



The Mindfulness for Health course teaches mindfulness practices that you can build into your daily routine to help you better manage your long-term condition.

The course is free and runs for nine weeks, with a session each week that lasts for two and a half hours. The course is run online on Microsoft Teams by a small group of experienced NHS professionals who are trained mindfulness teachers.

You will be given practical introduction to mindfulness meditation so that you can explore its benefits for your physical and mental wellbeing. Each session is just over two and a half hours long with regular breaks to help keep you comfortable.

What is grounding?

Grounding is a technique that helps keep you in the present and helps reorient you to the here-and-now and to reality. It can also serve as a distraction from the difficulties you are dealing with. Take a look at some examples below.



[YouTube— 5-4-3-2-1 Grounding Exercise](#)



[YouTube—Sheffield Hallam University—Grounding & techniques](#)

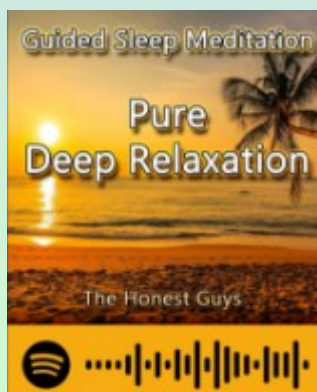
[YouTube—13 Grounding Techniques That ACTUALLY work!](#)

Spotify links

Mindfulness & Guided Meditation



[The Mindful Minute](#)



[Guided Sleep Meditation](#)



[Moments of Mindfulness](#)

Music & Podcasts



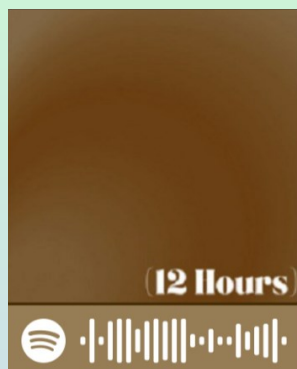
[Happy Place—
What's REALLY going
on in your mind?](#)



[Mental Health
Awareness Week—
Playlist for
movement](#)



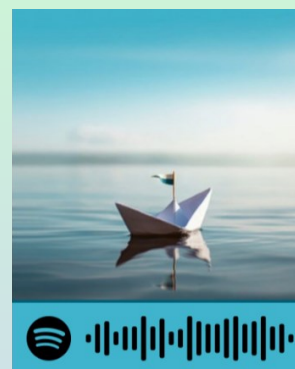
[Your Mental Health
Toolkit](#)



[Brown Noise—Sleep
Sound—12 Hours](#)



[Let's talk Mental
Health—Mental
Health Foundation](#)



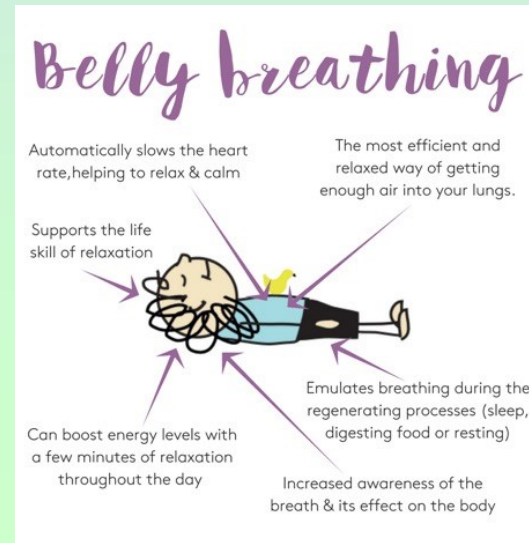
[Calming Music for
Anxiety/Stress](#)

Breathing Exercises

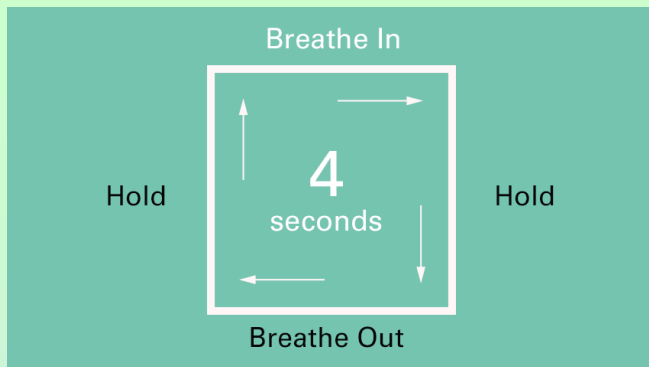
When we feel stressed, our breathing rate and pattern changes as part of the 'fight-or-flight response'. Scientific studies have shown that controlling your breath can help to manage stress and stress-related conditions. Breath control is also used in practices such as yoga, tai chi and some forms of meditation. Many people use their breathing to help promote relaxation and reduce stress. Take a look at some YouTube links below and have a go at some at home/in your free time.



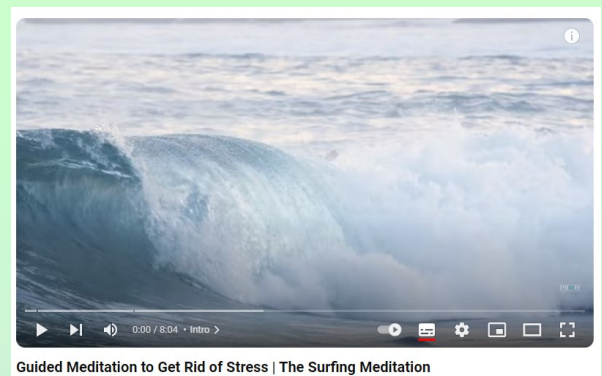
[YouTube—Bubble Breathing](#)



[YouTube—Belly Breathing](#)



[YouTube—Box breathing](#)



[YouTube— Guided Meditation](#)



[YouTube—2 minute Mindfulness—
Ladder breathing](#)

Self care

Taking care of yourself is still something you need to keep in mind because exams can really take a toll on your mental and physical health.

Here is a list of things you can do (maybe even daily) to unwind during and after exam season:

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.



Pick one thing
to try today!

Joyful June 2026



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

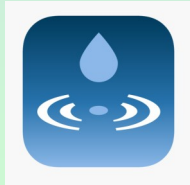
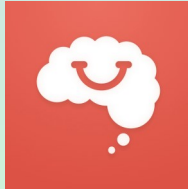
Happier • Kinder • Together

Useful Apps



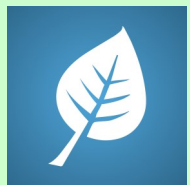
Insight Timer

Smiling Mind



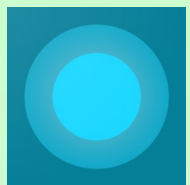
UCLA Mindful

Healthy Minds



Mindfulness Coach

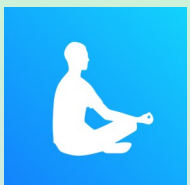
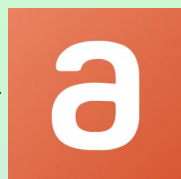
Happy Color



Breathe: Relax & focus (Android)

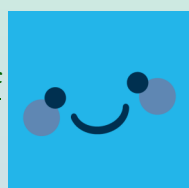
Breathe: Relax & focus (Apple)

Amaha



The Mindfulness App

My Possible Self



Awareness Days

PRIDE Month	June
World Environment Day	5th of June
World Oceans Day	7th of June
World Blood Donor Day	14th of June
Men's Health Week	14th–20th of June
Loneliness Awareness Week	15th–21st of June
Learning Disability Week	15th–21st of June
Autistic Pride Day	18th June
Fathers' Day	21st of June
International Joke Day	1st of July

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

Newsletter issue	Topic	Date
Issue 7	Self care over summer	06.07.26

The Learning Support team (Thrive)

At TRC, our **Thrive** team is here to help students with additional needs access learning, feel supported and succeed during their time at college.

You can access Thrive SEND support if you

- Have a declared SEND need
- Have an Educational Health Care Plan (EHCP)
- Have been supported by your teacher and they believe that additional support is required.

If you are struggling in lessons, feeling anxious or overwhelmed with learning tasks or think you might need some extra support please speak to your teacher/s. You're **not alone** - lots of students feel this way sometimes, and it's okay to ask for help. Your teacher will listen to your concerns and work with you on appropriate interventions. If your teacher feels there may be a special education need (SEND) they will begin something called a graduated response, which will help develop a clear understanding of your needs and barriers to learning. The graduated response will support your teacher in being able to refer to the Thrive team for additional SEND support.

You don't have to manage things alone. If something is affecting your learning or wellbeing, **talk to someone**— your teachers and the Thrive team are here to help you figure things out, even if you're unsure what support you need.

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

