



May 2022

Dear Parent,

One of our Nursing Sisters, Karen Tommy, will be offering a new wellbeing service to students at Ellesmere College. This is called the Rest Easy Method, which provides children and young people with information and methods to recognise and manage difficult emotions.

This method has been taught in schools since 2018, is validated by the University of Chester and is backed by NHS innovations agency as a strategy to prevent mental illness.

Rest Easy is an acronym for Recognise Emotions, Stop Think, Engage Awareness and Support Yourself.

The benefits of the method for the pupils are:

- A consistent, proven strategy that is evidence based.
- Skills that build confidence, self-awareness, resilience, and empathy.
- Opportunities to develop better friendships and relationships.
- Empower students to know themselves and create their own self-help package.
- Gives children a toolbox of skills for self-regulation.
- Encourages children to feel safe.
- Improves behaviour.
- Sets achievable goals.
- Develops understanding of identity and culture.
- Helps to nurture good mental health and emotional well-being for now and beyond.

Sessions will be carried out over a six week period and are £25.00 for thirty minutes. Further weekly intervention sessions can also be arranged following this if required, to focus on specific areas of concern.

Please visit <https://www.resteasytraining.com/schools> for more information.