



Coronavirus Support *Live*

22-25 February 2021

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DECATHLON
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COMPETITION

A huge thank you to our sponsor



Every £50 you spend with Decathlon will put you in with a chance of winning another £500 worth of sports equipment for your school.

Decathlon will make additional donations to YST once we hit an agreed target – so every £ you spend on kit and equipment will help to raise crucial funds for YST as we start to recover from the coronavirus pandemic.



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THANK YOU



The way in which our whole profession and of course our wonderful support staff have responded to the pandemic and the many challenges and extra pressures is truly remarkable.

We are all so proud of the collegiality, the partnership working, the solution focused moving forward step by step together that we have seen.

When we are past this and we reflect back on the journey we made together and the tenacity shown in the face of uncertainty and fear we will be reminded of just how strong our profession is.

We are always better together and the Well Schools movement has confirmed this

LISA FATHERS

DIRECTOR OF TEACHING SCHOOL & PARTNERSHIPS, BRIGHTER FUTURES &
WELL SCHOOLS CHAIR www.well-schools.org



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Maintaining your personal Energy and Coping through lockdown.

Rachael Mackenzie



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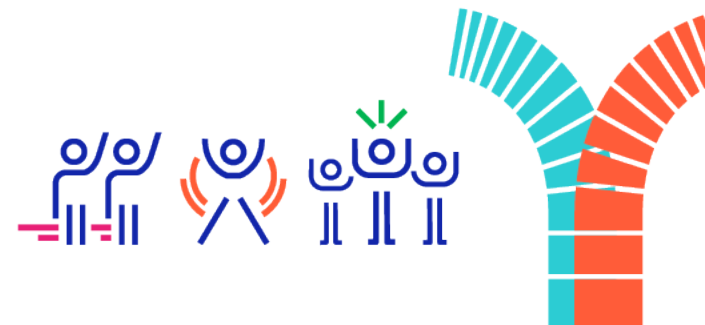
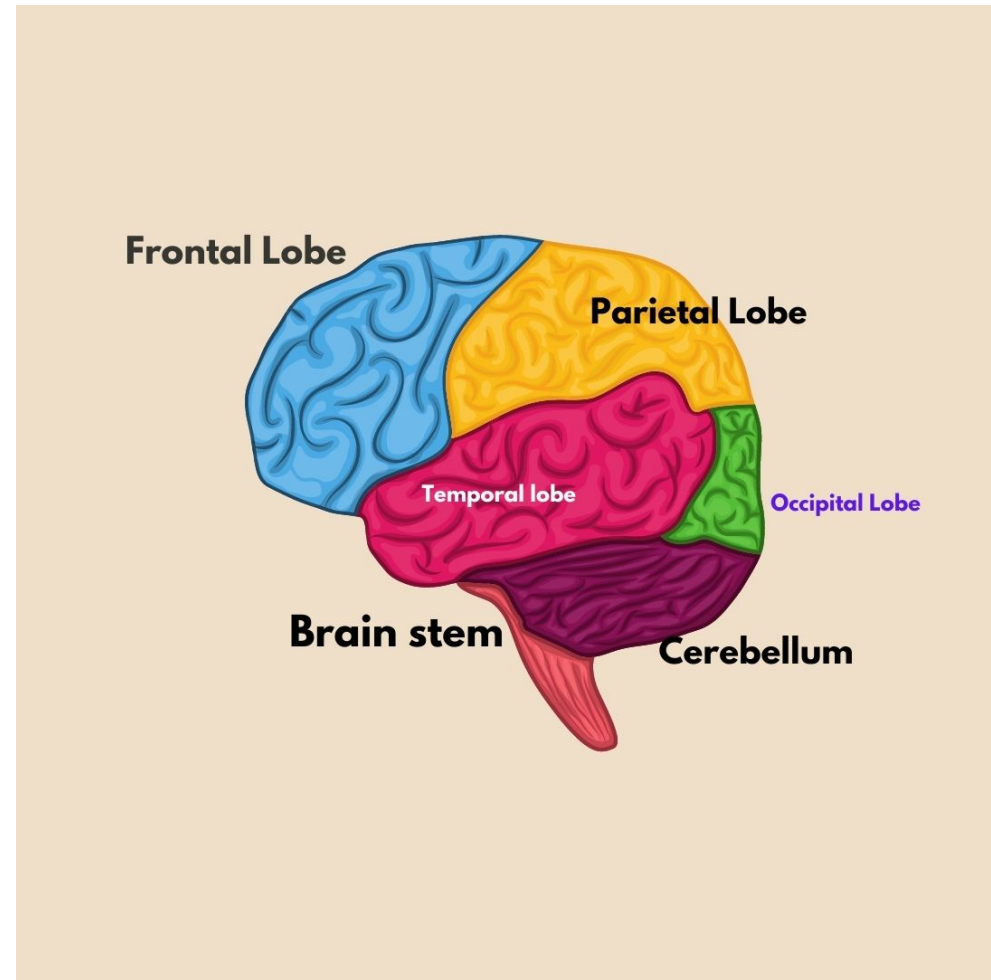
Outcomes

- Understand the impact of lockdown on our neuro-biology
- Identify strategies for managing your own energy
- Identify simple strategies to support recovery of young people from lockdown

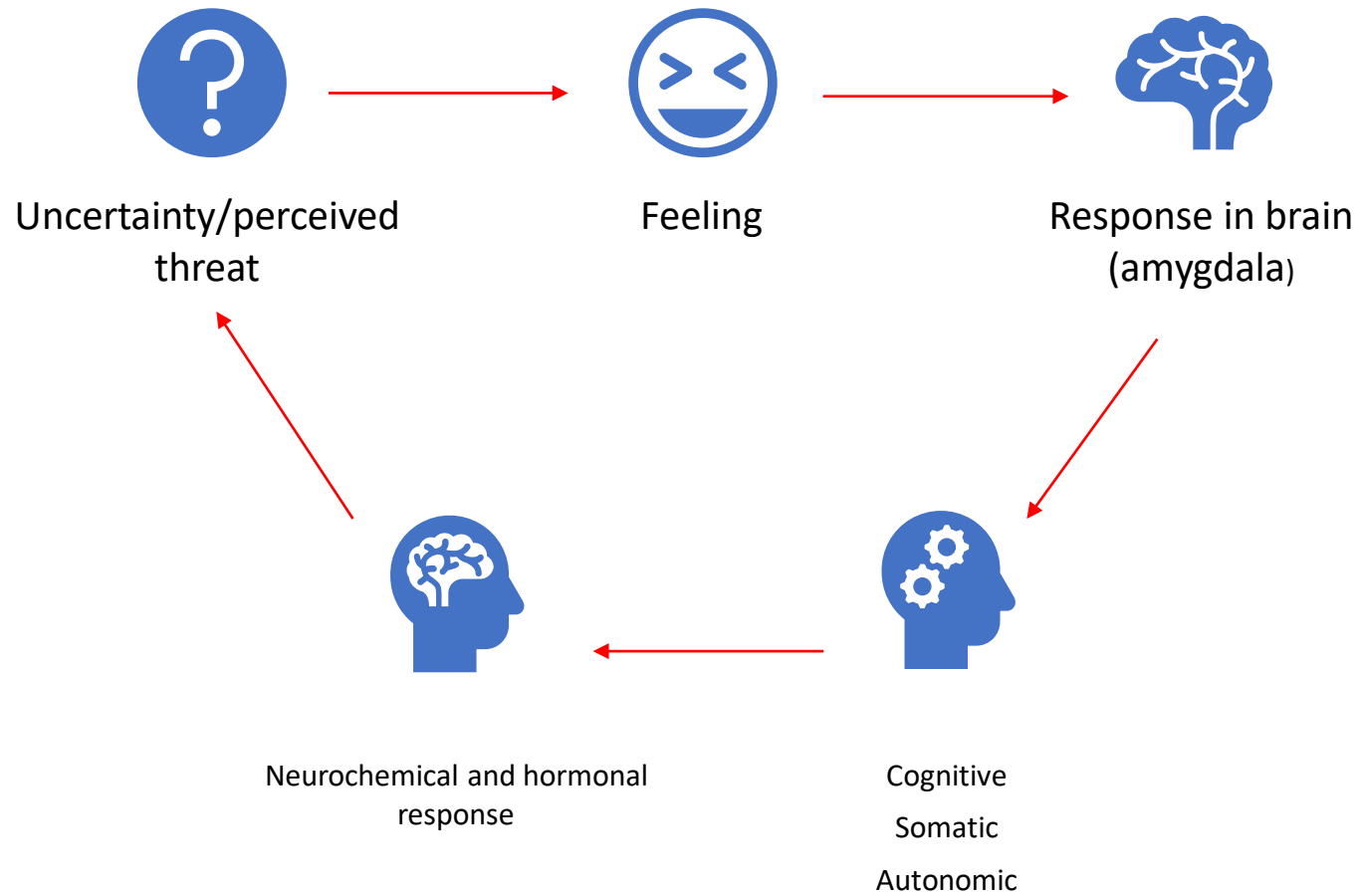


What you place your attention on,
whether real or imagined, results in
neurobiological change.

Making it real to your brain.







Social Isolation

Quality of our social interactions
has an epigenetic effect.

Micro-expressions

Brain Coupling



Fight or flight – who took my energy?

Cognitive

Somatic

Behavioural





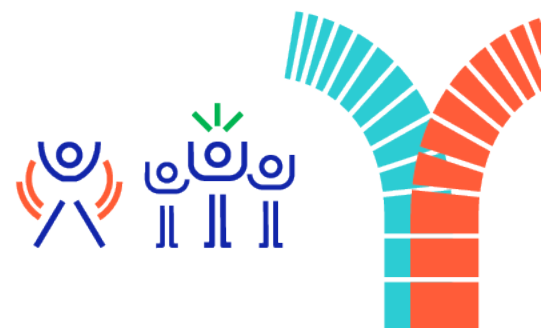
**What's your
story?**

**Stick and
stones may
break my
bones but
words will.....**



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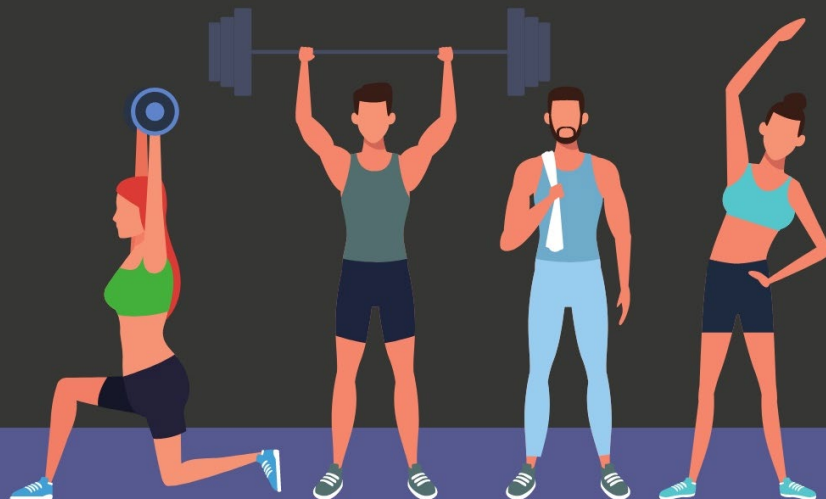




Lower intake of nutrient dense food associated with reduced hippocampal volume.
Inflammatory consequence of poor diet and excess weight results in impaired neuronal activity.



Inactive people who take part in exercise, increase their self-reported energy by 20% and reduce fatigue by 65%



People who don't meet the recommendations for sleep have a bigger amygdala, reduced adrenal control and increased cortisol excitability





We hope you have enjoyed today's free to access webinar.

If you would like to make a donation to help support the ongoing work of the charity, please visit:

www.youthsporttrust.org
and click

DONATE ➔



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Thank you



<https://www.youthsporttrust.org/active-mind>

May Virtual CPD week

National School Sport Week

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