

Newsletter – 01/02/2020

SPECIAL POINTS OF INTEREST

- Brexit: what happens now?
- Work/life balance
- Children sleeping with their mobile phones next to their bed

Brexit: What happens now?



UK Passports will change colour

Prior to UK becoming a member of the EU, the passports were blue with gold writing. At present we have burgundy passports. The blue passports will come back into use over the next six months. If you still have a burgundy passport, they are still valid.

Extradition from EU Countries to the UK

Some EU countries will not extradite citizens if they are not in the EU. For example, Germany will not extradite citizens outside of the EU.

EHIC Travel Cards

The European Health Insurance Card will still be valid during 2020. This covers you for any existing conditions such as maternity care and dialysis. You are covered in EU countries with the EHIC card during 2020.

Freedom of Movement

During the transition period UK Nationals are still allowed to live and work in other EU countries. This is also the same for EU nationals who live and work in the UK.

No More EU Summits

The Prime Minister will need to be specially invited to an EU summit meeting. These meetings decide laws and regulations such as fishing rights etc. The UK will no longer have a right to vote on this within the EU. The Department for Exiting the European Union which was set up in 2016 by Theresa May will be disbanded.

What is work/life balance?



These days everyone is really busy. (Say that again, right?!)

You may have responsibilities to your family, your work, your children's activities or your community. All these are competing for your valuable attention. Sometimes we let our schedule run our lives and railroad our priorities, as opposed to us taking charge of our schedule and priorities. The result is exhaustion, stress, and frustration. Beware of warning signs that your life may have become off-center, and take action today to bring a greater sense of balance to all the areas of your life.

And, always remember: there is more to life than the daily grind.

Four signs your life may be out of balance:

- Your "to do" list appears to be the size of the Empire State building
- You feel you are very busy but not sure you are accomplishing anything
- You feel burned out. You're constantly tired, have headaches or other physical and emotional signs of stress
- You feel like you are living someone else's schedule and have lost your direction

Sometimes it may feel as though you're moving through life as if you have no choices, no purpose or freedom to pursue your highest values and priorities. You realise there may be an area or two of your life that you have neglected. Instead of living your life to its full potential, it feels like you've spent valuable time and attention in other areas.

So, how do you bring your life back into balance?

Follow these six tips to bring more balance into your life

1. Acknowledge and accept that you cannot do everything all the time

You only have so many resources: time, energy, money, etc. While it is understandable to want to accomplish much and please a number of people, you are only one person and cannot always manage to do it all.

So, stop; take a deep breath and regroup.

All you can do is all you can do. Let go of the need for perfection, and of solving all problems for all people. You cannot do all that needs to be done, all the time. And that's OK.

2. Manage yourself, not time

There is really no such thing as "time management." But, we can manage our activities. Everyone has the exact same amount of time – 24 hours in one day. Many days we wish we could just tack on a few more hours to finish a project, or to get more rest or to do other things we would like to be able to squeeze into our day. Managing yourself reflects a sense of responsibility in what you do in a day, and in a lifetime. It is being proactive and realizing the power of choice, and knowing what you do have control over.

3. "Add and subtract"

Regarding activities: What pressuring task are you willing to give up, or subtract, in order to have or achieve something more important in a different area? To do more of one thing, you must do less of others. You must be willing to cut some activities from your schedule – even if just temporarily – in order to accomplish higher priorities. When planning your week, determine which less important tasks or projects can wait. Subtract these from your weekly "to-do" list – and feel the sense of being overwhelmed lessen automatically. Regarding other people: Identify "A" people in your life. These people build you up. They believe in you. They support you. You know someone is in the A category if you feel better about you after being with them. They add to your life, and they add to you.

"B" people are neutral. You feel about the same after being with this person than you did before. The people on your "C" list really need to go into a circular file, to be released or phased out. Granted, that is not always possible. But these people are typically wet blankets that only drain you and add to stress to your life. "Add" or spend more time with A people. They will energize you, empower you, inspire you, and give you strength rather than stress!

4. Just say "No"

"Will you...?" "Can you...?" "I just need a small favor..." "We can always count on you." "You're so good at..."

What happens when you hear these messages? Do you feel flattered, annoyed or used? What do you think will happen if you say no? Sometimes we say yes to things because we feel pressure to

give an immediate answer. However, always remember you have the right to take some time to think about what you can reasonably do before responding. Being able to say no is a critical piece in reducing stress and balancing your life. It also gives your yes's much more power!

5. Schedule time for yourself

If you don't take care of yourself, who will? If you don't take time and steps to preserve your health and well-being, then who will? It is wonderful to have other people in our lives we can help, work with, be friends with and share activities with. However, you should be your own best friend first. I know you want your family and friends to have the best of you! It takes deliberate effort on your part to make that happen. Make it a priority to schedule the time and place for yourself to bring what gives you comfort, health, joy or whatever you most need now. Be intentional in resting, in playing, in growing. Take at least 10 minutes a day to read, to walk or to rest. Scheduling time for yourself is a must if you want the best of yourself ready to tackle your busy schedule.

6. Live with purpose!

A life oriented around an authentic and passionate purpose is one that is much easier to keep in balance. For this reason, there is no perfect, one-size-fits-all balance plan you should be striving for. The best life balance plan is different for each of us because we all have different priorities and different lives. The quote, "Life is a journey, not a destination" has much value in terms of reminding us about the value of maintaining a balanced life. There is no "last and final time" to clean our homes, care for our children or families, maintain our own health or accomplish some goals. There will always be something we need to do, even after retirement, and this is a good thing! The pleasure is that we have a choice about how to live our lives, activities to be involved in and people to be in relationships with. Be cognizant of the signs your life may be out of balance, and start taking steps today to regain your sense of control and life balance!

https://centerstone.org/our-resources/health-wellness/life-balance/?utm_campaign=popup&gclid=EAIaIQobChMIuvzCrvC05wIVWODtCh3vvQeHEAAYAiAAEgKKd_D_BwE

Most children sleep with their mobile phone beside their bed.

More than half of children say they sleep with their mobile phone beside their bed, according to an annual survey of young people's use of media.

The Childwise report found children getting mobiles at an earlier age, with most now having their own phone by the age of seven. The average time spent on mobiles by 7 to 16-year-olds is 3 hours and 20 minutes per day. Researcher Simon Leggett says mobiles can "dominate children's lives".

When phones are always so close at hand, as a "private and personal technology", Mr Leggett says it can be tough for parents to put limits on how children use them. The survey, based on interviews with 2,200 children in the UK aged 5 to 16, shows the pivotal place of the mobile phone in young lives. There are 57% who always have the phone beside their bed and 44% who feel "uncomfortable" if they are ever without a phone signal.

There are 42% who say they keep their phone on them at all times and never turn it off. Even though the average age of owning a phone is becoming younger, the step up to secondary school at the age of 11 is still the point at which many children get a phone and ownership becomes "almost universal". For more than 70% of children, their phones will be connected to the internet.

Whether it is chatting to each other, watching entertainment or getting information, mobile phones are the main online gateway for young people. For listening to music, a mobile phone is much more widely used than listening to a radio. The survey shows a media landscape dominated by digital and on-demand services.

YouTube, a veteran by online standards, remains dominant, used by 61% of children every day, mostly on mobile phones. It is the favourite app and website of this age group, used as the most typical starting point for videos, particularly "funny" clips, listening to music, "how to" tutorials or watching programmes. This is followed by Snapchat, Instagram and this year's fast-riser, Tik Tok, with WhatsApp also among the most regularly used. Showing the speed of change, Facebook is not even in the top 10 of favourites.

In terms of watching programmes or video content, YouTube is again the most popular service, followed by Netflix. This is a resolutely online younger generation - only about one in five say they mostly watch programmes on a television set. The science fiction adventure series, Stranger Things, is the most popular programme on all channels, alongside long-standing series Friends and SpongeBob SquarePants.

For young Netflix viewers, Stranger Things is the top pick, along with Friends, Riverdale and Brooklyn Nine-Nine. But for parents, research director Mr Leggett says the combination of mobile phones and internet access can make it difficult to know what children are watching. "The moment a child owns a mobile phone, it can be a challenge to monitor what your child is accessing online because it's such a private technology that most keep literally close to their chest," said Mr Leggett.

<https://www.bbc.co.uk/news/education-51296197>

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