

'We walk by faith and not by sight.'

Wellbeing Newsletter

Welcome to our first wellbeing newsletter.

At St Paul's we are committed to supporting children, staff and parents with their mental health and wellbeing.

Our aim is to provide information, tips and resources to support both adults and children as we recognise that good physical and mental health are vital to successful learning.

What is Wellbeing?

Good wellbeing is fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life.

Past experiences, attitudes and outlook can all impact wellbeing, as can physical or emotional trauma following specific incidents.



- 1. Connect** – Connect with people around you – family, friends, colleagues or neighbours.
- 2. Be active** – Go for a walk, run or cycle. Discover a physical activity you enjoy and that suits your level of mobility and fitness.
- 3. Take notice** – Walking to work, eating lunch or talking to friends, be aware of the world around you.
- 4. Keep learning** – Set a challenge you will enjoy achieving. Learning new things will make you more confident.
- 5. Give** – Do something nice for someone. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.

MENTAL HEALTH

IS...

- A part of everyone
- Something to look after
- Real and complex
- Really important
- Something you can change

ISN'T...

- A sign of weakness
- All in your head
- Something you can just snap out of
- Always a negative thing
- Something to be ashamed of

Self-Care & Mental Health

Tips for Kids

- Share your own feelings to **encourage self-awareness**.
- Recognize **toxic stress events**.
- Practice **self-care** for yourself to **set the standard**.
- Cultivate **interests and hobbies**.
- Set aside time for **low stress** or solo activities.
- Encourage **journaling and writing**.
- Encourage them to **focus on the moment**.
- Find social groups that help them feel like they belong.
- Focus on **articulating feelings**. "I am angry." "I am sad."
- Establish a **self-care routine**.

BlessingManifesting

Useful Websites & Links

This website from the NHS offers expert advice and practical tips to help you look after your own and your child's mental health and wellbeing.

every mind matters

<https://www.nhs.uk/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus.

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents>

YoungMinds are the UK's leading charity fighting for children and young people's mental health.

YOUNGMINDS
Helping to keep children's minds well

<https://www.youngminds.org.uk/>

WEATHER YOGA



It is sunny.
EXTENDED MOUNTAIN POSE



It is windy.
TREE POSE



I see lightning.
CHAIR POSE



It is raining.
STANDING FORWARD BEND



It is snowing.
CHILD'S POSE

Be with the best people

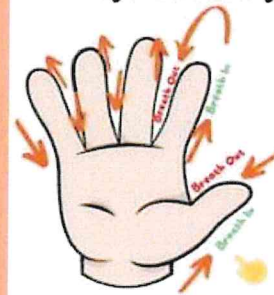


The best people will bring out
the best in you.

Positive, friendly & supportive people
will give you energy & strength.

When you are feeling anxious or stressed, try this technique to calm your breathing and your mind.

Five Finger Breathing



Stretch one hand out like a star. Use your pointer finger on your other hand to slide your finger up and down.

1. Breathe in through your nose, trace up your finger slowly.
2. Breathe out through your mouth, trace up your finger slowly down to the other side.
3. Repeat with each finger.

If you require any advice or support, please do not hesitate to pop into school and Miss Hartland will be more than happy to make an appointment with you.

Remember, there is hope, even when your brain tells you there isn't.