

# Wellbeing Newsletter



'We walk by faith and not by sight.'

**Here is another newsletter giving top tips for a better wellbeing.**

**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.**

## Tips for Behaviour.

The best way to improve behaviour is to give children a lot of attention when they are doing something you like and remove your attention when they are doing something you do not like.

An easy way to increase good behaviours is by discussing their behaviours and praising them when they have made a real effort.

≡ STRIVE ≡  
for  
**PROGRESS**  
NOT PERFECTION

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. ...
- Eat healthy, regular meals and stay hydrated. ...
- Make sleep a priority. ...
- Try a relaxing activity. ...
- Set goals and priorities. ...
- Practice gratitude. ...
- Focus on positivity. ...
- Stay connected.

**Top Self Care Tips for Adults.**



**Don't forget to check out the Wellbeing Hub. There are a multitude of services available locally that you can source from the Hub.**

**Email**

[wellbeinghub@nhs.net](mailto:wellbeinghub@nhs.net)

**Website**

<http://www.sandwellbeing.co.uk/>