



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.

- 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

Website

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