



Mental Health & Wellbeing Newsletter

Spring 2023

Children's Mental Health Week 2023

This week is organised by Place2Be and this year's theme is 'Let's Connect'.

Human beings thrive in communities and this connection is vital for our wellbeing and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

When our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.



Key Dates:

6th – 12th February Children's Mental Health Week

7th February Safer Internet Day

17th March World Sleep Day

Dress to Express Day – Thursday 9th February

This Children's Mental Health Week, we are inviting the children to 'Dress to Express' themselves on Thursday 9th February. Please do not buy anything new.

We would like the children to wear their favourite colour or their favourite outfit. Please could you ensure that sensible shoes are worn and coats are brought into school.



Brew Monday

Thank you to everyone who attended our first Brew Monday and those who helped to organise it. This was the first event held by our Wellbeing Action Group and this group is keen to offer more opportunities for tea and chat alongside opportunities for you as parents to see hear about what resources and support is available in Somerset around mental health and wellbeing.



5 Ways to Wellbeing

Our focus area from the Five Ways to Wellbeing is: **Keep Learning**

Learning new skills can boost confidence and give you a sense of achievement.

This doesn't have to be in a formal classroom setting or be about getting a qualification or grade.

It could be anything from picking up a book, doing a crossword or researching something you are curious about.

Here are a few ideas to get you started:

- * Take on a new responsibility at work
- * Carry out those repairs or jobs you might have been putting off
- * Rediscover an old hobby
- * Visit a gallery or museum and learn about a person or period in history that interests you
- * Learn to cook a favourite dish that you've never eaten at home
- * Take an online course



Action for Happiness

Attached to this newsletter is this month's action calendar – Friendly February. Be friendly to others and give your relationships a boost.

'The best way to cheer yourself up is to cheer someone else up'

~ Mark Twain

Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

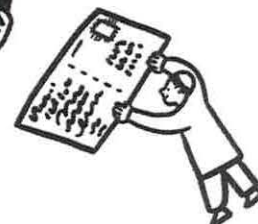
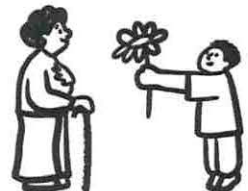
24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together