



Mental Health & Wellbeing Newsletter

Spring 2023

Before half term, we celebrated Children's Mental Health Week. This year's theme was 'Let's Connect' and throughout the week the children completed group activities, attended assemblies and read stories about coming together to help one another. We finished our week by dressing to express ourselves and during the day we considered the importance of being ourselves and celebrating and valuing our differences. This theme will continue through the year through assemblies and our work in PSHE.

Our Wellbeing Action Group met at the start of term and they came up with some great ideas about connecting and working together as a community to promote the 3 pillars of wellbeing at Nerrols – a sense of belonging, promoting positive relationships and promoting healthy lifestyles.

Mrs Cowlin

Senior Mental Health Lead

Key Dates:

17th March World Sleep Day

17th March Red Nose Day

5 Ways to Wellbeing

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

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in the local community.

Some examples include:

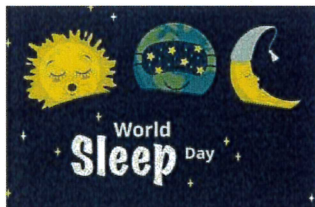
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home



World Sleep Day – Friday 17th March 2023

Sleep can be one of the most underrated aspects of people's lives. For those who have recurring sleep problems, getting enough sleep can be a real challenge and affect everything else in life.

World Sleep Day aims to consider and aid those who have sleep problems. It is useful for educating people all over the world about the importance of sleep, as well as changing the way people view and experience sleep by giving them valuable resources to help them in their daily lives. Attached to this newsletter are some useful information sheets about sleep offering top tips for good sleep and a guide to how much sleep children and adults need at various ages. Lots of people have problems with sleep at some point in their life but for autistic adults and children, sleeping can be particularly difficult. The National Autistic Society has a really useful guide to sleep for parents of autistic children. Click [here](#) to read their guide.



Action for Happiness

Attached to this newsletter is March's action calendar – Mindful March. Daily ideas for happier living.

'The best way to take care of the future is to take care of the present moment'

~ Thich Nhat Hanh

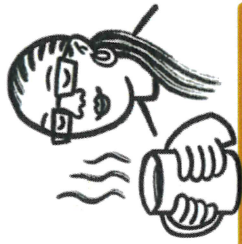
Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

TUESDAY



7 Take three calm breaths at regular intervals during your day

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

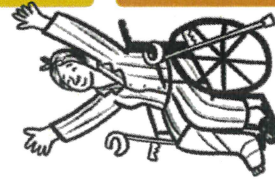
27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier • Kinder • Together

IS YOUR CHILD GETTING ENOUGH Zzzz'S?

Your little ones need a good night's rest to be healthy.
Here's how to make sure they're getting it.

