

# Steam Mills wellbeing newsletter October 2020

The purpose of this monthly newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which seem particularly poignant at the present time.

I am often heartened by the beauty of the Forest of Dean at this time of year and have drawn upon this for October's Five ways to Wellbeing.

If you have any concerns about your child's mental health/wellbeing, you can contact me via e-schools between 9am and 3.30pm Tuesday to Thursday.

Warm wishes

Miss Fran Barber

## *Five Ways to Wellbeing... the Steam Mills whoosh!*

The 'Five Ways to Wellbeing' approach is all about how actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact... or the 'whoosh factor!' There are some ideas for each of them. We would love to hear how you are getting on via eschools and any ideas are welcome.

<i>Connect</i>	<i>Activity</i>	<i>Take Notice</i>	<i>Keep Learning</i>	<i>Give</i>
<p>I wonder if you have a particular place in the Forest where you feel relaxed? It may be your garden, by the River Severn or in the middle of the woods waiting to see a deer!</p> <p>Connecting with nature, however you choose, can be a great way to improve your mood. It can help to reduce feelings of stress and anxiety.</p> <p><i>Staying connected to nature can remind us of the awe and wonder of the place where we live.</i></p>	<p>Connecting through movement can be a great way to experience nature. Perhaps you like to walk with friends and family around the Gruffalo trail, or complete the bike trail.</p> <p>I wonder how many different ways you can find to be active outside?</p> <p><i>Be as active as you are able to, it's just as important to rest. Listen to what your body needs.</i></p>	<p>When your outside pause for a moment... Use your senses to become aware of the world around you and notice what you're feeling.</p> <p>What do notice in the sensations in your body?</p> <p>What are your thoughts and feelings?</p> <p><i>Staying present in the moment may help you to make positive choices about your mental health. Let nature lend her peace.</i></p>	<p>Learning something new or improving a skill you already have is great for giving a sense of achievement.</p> <p>Autumn brings many changes to the Forest of Dean. Have you ever wondered why the leaves change colour, where do the animals go when its rainy, are the shells of a conker always spikey?</p> <p><i>Asking questions about the world around us develops curiosity.</i></p>	<p>Nature, in Autumn, gives so many gifts; conkers, chestnuts, berries and colourful leaves.</p> <p>I wonder how you can use them to make patterns and pictures as gifts for your friends and family?</p> <p><i>A random act of kindness.</i></p>

# Natures gifts

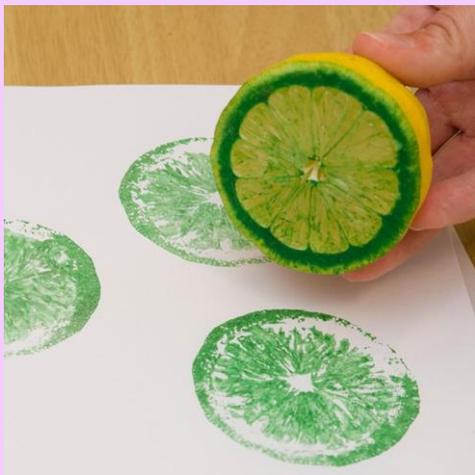
In the Five Ways to Wellbeing explored using nature's gifts to make pictures and patterns. Here are some ideas that might inspire you.



Andy Goldsworthy



Conker creatures



Fruit and vegetable prints



Acrimboldo

## Mental Health

Remember your feelings are not right or wrong, they simply exist. Try to meet them using the school's PACE model by Dan Hughes.

**P: Playfulness, A: Acceptance, C: Curiosity, E: Empathy.**

**ACTION CALENDAR: OPTIMISTIC OCTOBER 2020**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

"Choose to be optimistic. It feels better" - Dalai Lama

- 1 Write down your most important goals for this month
- 2 Look for reasons to be hopeful even in difficult times
- 3 Take the first step towards a goal that really matters to you
- 4 Be a realistic optimist. See life as it is, but focus on what's good
- 5 Start your day with the most important thing on your list
- 6 Do something constructive to improve a difficult situation
- 7 Remember that things can change for the better
- 8 Make progress on a project or task you have been avoiding
- 9 Avoid blaming yourself or others. Just find the best way forward
- 10 Take time to reflect on what you have achieved this week
- 11 Focus on a positive change that you want to see in society
- 12 Look for the good intentions in people around you today
- 13 Put down your To-Do list and let yourself be spontaneous
- 14 Do something to overcome an obstacle you are facing
- 15 Look out for positive news and reasons to be cheerful today
- 16 Thank yourself for achieving the things you often take for granted
- 17 Share your most important goals with people you trust
- 18 Make a list of things that you are looking forward to
- 19 Set hopeful but realistic goals for the week ahead
- 20 Find the joy in completing a task you've put off for some time
- 21 Let go of the expectations of others and focus on what matters
- 22 Share an inspiring idea with a loved one or colleague
- 23 Write down 3 specific things that have gone well recently
- 24 Recognise that you have a choice about what to prioritise
- 25 Plan a fun or exciting activity to look forward to
- 26 Start the week by writing down your top priorities & plans
- 27 Be kind to yourself today. Remember, progress takes time
- 28 Ask yourself, will this still matter a year from now?
- 29 Find a new perspective on a problem you face
- 30 Set a goal that links to your sense of purpose in life
- 31 Think of 3 things that give you hope for the future

**ACTION FOR HAPPINESS**

www.actionforhappiness.org

Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

Keep Calm - Stay Wise - Be Kind

Action for Happiness has monthly calendar ideas to print and complete.

[https://www.actionforhappiness.org/media/922208/october\\_2020.jpg](https://www.actionforhappiness.org/media/922208/october_2020.jpg)

Conversation starters:  
What did you do, love, dislike, learn...

