

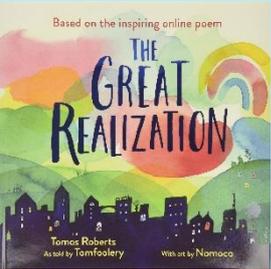
Imagine if.....

Welcome to the May edition of the Steam Mills Wellbeing and mental health newsletter. This month I have used the Action for Happiness 'Meaningful May' as this month's theme. I've been reflecting on this and wondered what 'meaningful' means to you, how do you give and receive it? I hope this newsletter offers some thoughts and ideas to help you lean into this theme.

Kindest regards,
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.

<i>Connect</i>	<i>Activity</i>	<i>Be curious</i>	<i>Keep Learning</i>	<i>Give</i>
<p>There are many different meaningful ways to connect with people that we love, and staying connected is meaningful.</p>  <p>As lockdown eases a little more what ways of connecting are you looking forward to?</p> <p><i>As Piglet and Pooh say, meaningful connection is not just words it is felt.</i></p>	<p>Movement can be a meaningful way to work through feelings held in the body.</p>  <p>Dance..... or act, workout, play are all ways in which we can express ourselves with meaning.</p> <p><i>Be as active as you are able to, let your body bring you joy.</i></p>	<p>Brene Brown is one of my favourite speakers who explores meaningful connections.</p>  <p>Parents and Carers if you're curious check out her TED talks on Utube or her books.</p> <p><i>Get curious about how you meaningfully connect with others.</i></p>	<p>I am a big fan of the Action for Happiness website.</p> <p>Did you know that as well as monthly calendars there are many free talks about mental health and wellbeing?!</p>  <p><i>Learning new skills helps us develop curiosity.</i></p>	<p>I wonder how many different ways we make meaning of the World around us?</p> <p>During the pandemic this, for many people, has been challenging.</p> <p>This beautiful book by Tomos Roberts offers a new meaning to the past year.</p>  <p><i>Tentatively and with compassion ask what will I give myself to look forward to?</i></p>

Meaningful May

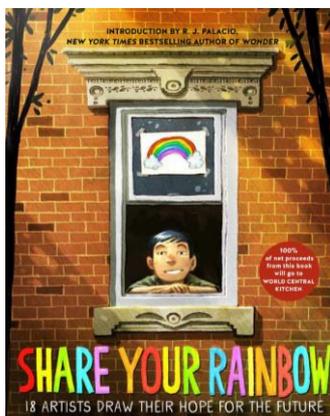
Events in May.

"May the fourth be with you!" (Sorry I could resist for all you Star Wars fans!) There are so many events in May that can help create a sense of meaning and purpose. Check out this website for different awareness days.

<https://www.awarenessday.com/awareness-days-calendar/category/may-awareness-days-and-weeks/>

Share a rainbow.

During the lockdown rainbows meant so many things; hope, thanks, love...what meaning could they bring in May?



This beautifully illustrated book may inspire you to share your rainbows with others.

I would love to see them and create a picture gallery in my office...I'm sure my Pigs and Unicorn would enjoy this too!

Action for Happiness calendar.

<https://www.actionforhappiness.org/calendars>

These are free to download and print.

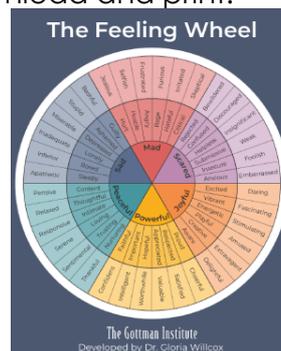


Meaningful words.

Express yourself with meaning with the Gottman word wheel.

<https://www.gottman.com/blog/printable-feeling-wheel/>

Free to download and print.



What would you like next month's theme to be?

Remember feelings are not right or wrong they come and go much like the tide of the sea. It's normal and ok if you're not happy some of the time.

However if you need a helping hand or a listening ear there are mental health agencies and numbers listed on the Steam Mills website.

