

Steam Mills wellbeing newsletter

We hope that you are all keeping well, safe and settling into a new way of learning at home.

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these challenging circumstances.

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>Connecting with people who are special to you is important however this is particularly challenging during with social distancing in place. Online video platforms such as Zoom, WhatsApp and Facetime are a great way to see family and friends... don't forget texting and phoning as well, or how about a letter!</p> <p><i>Staying in contact with others and talking about how you feel can make a big difference.</i></p>	<p>Current guidance says that everyone is able to go out each day for exercise.</p> <p>There are lots of online workouts covering a wide range of activities and abilities that can be done within the home. If you have access to a garden or outdoor space you can use this to get active.</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>Whether you're inside or 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>Are these familiar or different?</p> <p><i>Staying present in the moment may help you to make positive choices about your mental health. Be kind to yourself.</i></p>	<p>Learning something new or improving a skill you already have is great for giving a sense of achievement.</p> <p>As a family you could talk about the things you enjoy doing and what you can teach each other.</p> <p>Set yourselves a challenge and enjoy the steps you take in attempting to master it.</p> <p><i>Try to do something you love every day. Remember it's not a competition about how much you do!</i></p>	<p>There are ways you can help others while still following the guidelines.</p> <p>Do something kind for a family member or friend... thank someone, smile, make thank you notes or make a rainbow for the window.</p> <p>Ask if there is a way to help with the household chores... cooking, making your bed, hoovering or gardening.</p> <p><i>A random act of kindness.</i></p>

Mindfulness

There are lots of different ways to practice mindfulness.
For some people meditation and breath work is helpful.

Clouds in the sky... waves on the beach

- Find a comfortable space, close your eyes or soften your gaze.
- Imagine a place of safety.
- Scan your body and notice how you feel
- Turn your attention to your breath.
Breathe in through your nose and out through your mouth naturally.
- Imagine any distracting thoughts or feelings as clouds in the sky, floating away gently.
- As you breathe imagine

5 things you hear

4 things you see

3 things you can touch

2 things you can smell

1 thing you can taste

Activities and ideas

ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe				1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Conversation Corner

Some questions to talk about in your family...

- What makes you proud?
- What is the best gift you have ever been given?
- What do you like about being you?
- What will you do to make May meaningful?

We would love to hear all about the activities you have done on e-school.

If you have any ideas that you would like to be included please let me know.

Piglet:
How do you spell love?

Pooh:
You don't spell it,
you feel it.

