

Steam Mills wellbeing newsletter September 2020

Welcome back to school, at this time of year each class is often filled with a sense of excitement and apprehension as friendships reconnect and learning begins.

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 is particularly vital in these changing times.

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 remember to stay within the social distancing rules. Don't forget there are many virtual platforms such as Zoom, WhatsApp and Facetime that are a great way to connect with family and friends... 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>I wonder how many of you managed to complete the Joe Wicks school workouts during lockdown?! Perhaps you preferred the Go Noodle yoga or meditations?</p> <p>There are lots of different ways to move your body and get active. Try and find an activity that you enjoy and can achieve regularly.</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><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 school begins there may be excitement and apprehension.</p> <p>Set yourselves small steps and celebrate your achievements in mastering them.</p> <p><i>Try to do something you love every day. At the end of the day recall one, two or even three good things.</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 picture to take home and share.</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. Here is a reminder.

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: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Remember that self-care is not selfish. It's essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by cancelling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.	
7 Remember it's ok not to be ok. We all have difficult days.	8 Notice the things you do well today, however small.	9 Avoid saying 'I ought to' or 'I should' to yourself.	10 Give yourself permission to say 'No' to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
14 Talk kindly to yourself like you would to someone you love.	15 Find a calming, soothing phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
21 Remind yourself that you are loved and worthy of love.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.
28 Accept your mistakes as a way of helping you make progress.	29 Write down three things you appreciate about yourself today.	30 You matter. Remember that you are enough, just as you are.	Self-care is not selfish. You can't pour from an empty cup.			

Learn more about this month's theme at www.actionforhappiness.org/self-care-september
 www.actionforhappiness.org
 Keep Calm · Stay Wise · Be Kind

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

<https://www.actionforhappiness.org/self-care-september>

Conversation starters:

What did you do, love, dislike, learn...

Useful websites.

Returning to school whilst in the midst of a pandemic is new for everyone. 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.

These website might help with conversation about Covid and school.

<https://www.gottman.com/blog/getting-back-to-school-when-school-isnt-the-same-5-steps-to-navigating-successfully/>

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/school/>

