

# Wellbeing Newsletter



'We walk by faith and not by sight.'

At St Paul's we are committed to supporting children, staff and parents with their mental health and wellbeing.

Our aim is to provide information, tips and resources to support both adults and children as we recognise that good physical and mental health are vital to successful learning.

## What is Wellbeing?

Good wellbeing is fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life.

Past experiences, attitudes and outlook can all impact wellbeing, as can physical or emotional trauma following specific incidents.



- 1. Connect** – Connect with people around you – family, friends, colleagues or neighbours.
- 2. Be active** – Go for a walk, run or cycle. Discover a physical activity you enjoy and that suits your level of mobility and fitness.
- 3. Take notice** – Walking to work, eating lunch or talking to friends, be aware of the world around you.
- 4. Keep learning** – Set a challenge you will enjoy achieving. Learning new things will make you more confident.
- 5. Give** – Do something nice for someone. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.

## MENTAL HEALTH

IS...	ISN'T...
A part of everyone	A sign of weakness
Something to look after	All in your head
Real and complex	Something you can just snap out of
Really important	Always a negative thing
Something you can change	Something to be ashamed of

Thursday 10<sup>th</sup> October is World Mental Health Day. The focus this year is 'Prioritising Mental Health in the Workplace.' Here at school we have written kindness notes to our staff members and we are all joining together to enjoy a delicious lunch buffet.

## Self-Care & Mental Health

### Tips for Kids

- Share your own feelings to **encourage** self-awareness.
- Recognize **toxic** stress events.
- Practice **self-care** for yourself to set the **standard**.
- Cultivate **interests** and hobbies.
- Set aside time for **low stress** or solo activities.
- Encourage **journaling** and writing.
- Encourage them to focus on the **moment**.
- BlessingManifesting
- Find social groups that help them feel like they belong.
- Focus on articulating **feelings**.  
"I am angry."  
"I am sad."
- Establish a **self-care** routine.