South Ossett Infants Academy

Wellbeing Newsletter—Autumn 2

At South Ossett Infants Academy, we believe it is incredibly important to look after your mental health and wellbeing. In this half term's edition of the newsletter, there are lots of tips and reminders of ways to look after your mental health and prioritise your wellbeing. The run up to Christmas can be extremely busy, so remember to take some time for yourself in the lead up to the busy holidays.

Better Health every mind matters

Top tips to improve your mental wellbeing

We all need good mental health and wellbeing—it is essential to living happy and healthy lives. Here are 7 areas of life where simple changes can make a big difference. Why not start today?

1. Reframe unhelpful thoughts—the way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful, so recognising them and taking steps to think about things differently can improve your mental health and wellbeing.

2. Be in the present—by being in the present moment and noticing our own thoughts and feelings we can gain a better perspective. Sometimes this is known as being more mindful.

3. Get good sleep—good quality sleep makes a big difference to how we feel mentally and physically, so it is important to get enough.

4. Connect with others—spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing.

5. Live a healthy life—being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel.

6. Do something for yourself—from enjoying your favourite hobby, learning something new or simply taking time to relax, it is important to do things that make you happy!

7. Write a letter to future you—when you're feeling good, think about what you would want to tell your future self if things get harder and you find you need more support. Reminding yourself of what's keeping you feeling positive right now can help you through those more difficult times in the future.

Key dates this half term:

Stress Awareness Day: 6th November 2024

World Kindness Day: 13th November 2024

Anti-bullying Week: 11th-15th November 2024

South Ossett Infants Academy

Wellbeing Newsletter – Autumn 2

Mental Health Benefits of Journaling

Journaling has long been recognised as an effective way to reduce stress, help with depression and anxiety, focus your mind and organise your life. It can be a great tool to use for meditation, to open up and let go of anxious thoughts that bother you, in a healthy way.

One of the best parts of journaling is that it is something you can do at home, when it is convenient for you, without needing a lot of time, resources or skill. There's more to keeping a journal than just getting your thoughts down on paper, though.

Research shows that daily journaling can help improve your mental health and get your life back on track, whether you're struggling with relationships, future goals or how to stay organised. Expressive writing and gratitude journalling can even affect the way you communicate with a partner, your children, coworkers, friends, parents or anyone in your life.

There are many reasons why people commit to journaling . The process of writing is inherently therapeutic. It can help you organise your thoughts, express yourself and process and deal with emotions—both good and bad—in a positive, healthy way.

For more information on the benefits of journalling and how to get started, visit these websites:

https://shedreamsallday.com/how-to-start-a-journal/

https://www.bacp.co.uk/news/news-from-bacp/2021/24-december-new-year-new-diary-the-mental-health-benefits-of-journaling

Action for Happiness

The themes for this half term are:

New Ways November

Do Good December

Visit their website to download the calendars and to take part in the daily activities: www.actionforhappiness.org/calendar

Places to go for support and advice:

If someone you know has mental health issues that are affecting their daily life, they may benefit from further support. Suggest they could: contact a GP, get help from 111 or refer themselves for free, non-urgent NHS talking therapy.