South Ossett Infants Academy

Wellbeing Newsletter—Spring

Happy New Year to you all from everyone at South Ossett Infants Academy. A new year will hopefully bring some exciting and positive experiences for us all. A new year means a chance to remember last year's achievements and look forward to the promise of a new year and a new beginning. Whether it is making a commitment to change an unwanted habit or setting a personal goal, now is the time to put things in motion!

New Year's Resolutions

As a society, we use the New Year period to look back on the year that has passed and look to the year ahead, pledging change for the better. However, while New Year's resolutions might seem light hearted and positive, sometimes they can end up doing more harm than good to our mental wellbeing. Our resolutions are often black-or--white, win or lose, and while healthy competition with others can also help us achieve our goals, our "failure" to achieve these goals can lead us to believe we are also "failures". This way, New Year's resolutions can have a negative impact on our self-esteem, our confidence and our motivation to change.

If you do feel encouraged to make a New Year's resolution, it's important to try and make the right kind of resolution. The language we use is also important. Rather than saying "I have to" or "I must", try changing your language to "I get to" or "I will try". Reframing our resolution from negative to positive, a demand to an opportunity, helps us get into the right state of mind and helps to eliminate fear of failure.

Ultimately, New Year's resolutions should be about positivity, making beneficial changes for not only our physical health but also our mental health. Self-compassion, positive changes and patience will be key to achieving our wellbeing goals no matter when we make them.

Top tips for prioritising your wellbeing

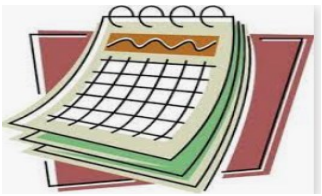
Health and wellbeing is something that many of us want to improve on each year. Here are some ways to make your health and wellbeing goals successful this year:

- Make time for self-care—dedicate yourself to making time for your wellness.
- Drink more water—it will make a big difference to your energy levels and your overall health.
- Get your body moving—any type of movement will help release endorphins!
- Make mental health a priority—if you're experiencing mental health struggles, be sure to talk to someone about these.

Key dates this half term:

Time to Talk Day: 6th February 2025

Children's Mental Health Week: 3rd-9th February 2025



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10 keys to happier living

Everyone's path to happiness is different. Based on the latest research, Action for Happiness have identified 10 keys that tend to make life happier and more fulfilling.

Together, they spell GREAT DREAM:

Giving—do kind things for others

Relating—connect with people

Exercising—take care of your body

Awareness—live life mindfully

Trying out—keep learning new things

Direction—have goals to look forward to

Resilience—find ways to bounce back

Emotions—look for what's good

Acceptance—be comfortable with who you are

Meaning—be part of something bigger

10 Days of Happiness: free online program to boost your wellbeing.

We all want to look after our mental health and wellbeing, but this can be hard to do. This program helps you learn simple daily actions which are proven to give you a boost and help you feel happier!

https://10daysofhappiness.org/

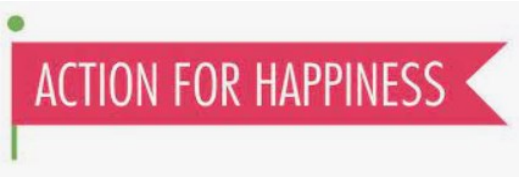
Action for Happiness

The themes for this half term are:

Happier January

Friendly February

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:

Turning Point

Feeling anxious, low or stressed? If you are 16 years or older and are registered with a GP surgery in the Wakefield District, you can access NICE recommended therapies at Turning Point Talking Therapies by contacting them directly.

https://talking.turning-point.co.uk 01924 234860

Wakefield.talking@turning-point.co.uk

Health Watch Wakefield

https//healthwatchwakefield.co.uk

Healthwatch Wakefield is a local health and social care champion for the Wakefield District. They make sure NHS and Social Care leaders hear your voice and use your feedback to improve care.