South Ossett Infants Academy

Wellbeing Newsletter Summer 1

With summer on the way, we are given the opportunity to embrace the vibrant energy that this season brings us and continue to prioritise our wellbeing. It is time to bask in the warmth of the sun, enjoy outdoor activities and make positive lifestyle choices that promote our overall health.

Stress Awareness Month 2025

"Stress" refers to a state of worry or mental tension that is caused by a difficult situation. When a person experiences high levels of stress repeatedly, it can lead to them experiencing physiological issues such as high blood pressure, artery-clogging deposits and even cause mental health conditions such as anxiety and depression.

The purpose of observing International Stress Awareness Month is to bring light to the negative ramifications of stress to people.

These are some steps you can encourage in the workplace to promote stress relief across your organisation:

Take 5 minutes daily to destress: this is crucial because it offers significant mental and physical health benefits. This brief relaxation period helps improve focus, calmness and clarity, enhancing sleep quality, immune function and emotional wellbeing.

Practice mindfulness: meditation serves as an effective tool for stress relief by promoting mindfulness and enhancing present-moment awareness. Starting with simple awareness of senses helps anchor thoughts and reduce anxiety.

Move your body: exercise helps relieve stress by reducing stress hormones like adrenaline and cortisol and boosting endorphins which elevate mood and provide a sense of relaxation and optimism.

Do something creative: engaging in creative activities serves as a healthy distraction, steering the mind away from stressors and toward more fulfilling endeavours.

Meaningful May

May is here! We are well on our way towards mid year and it really only seems like yesterday we were celebrating a New Year. Life can become so hectic that we live by 'just going through the motions' and not really appreciating life. We search for ways to put more meaning into our life—to have a purpose, a reason to get up each day. The **Action for Happiness** calendar for May has put the focus on being more meaningful.

When we rush through life, it is easy to lose the 'meaning' and we can become unfulfilled and always looking for something but not sure what that something is. Putting the focus on giving meaning to all that we do for ourselves and others is a great place to start.

Key dates this half term:

Stress Awareness Month: April 2025

Nutrition and Hydration Week: 17-23rd March 2025

International Day of Happiness: 20th March 2025

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Tourette's Awareness Month 2025

May 15th-June 15th 2025 is Tourette's Awareness Month—a period dedicated to raising awareness and understanding Tourette's Syndrome. It focuses on educating the public, reducing stigma and advocating for individuals and families affected by Tourette Syndrome.

What is Tourette's Syndrome?

It is a genetically determined neurological condition, the key features of which are tics—involuntary and uncontrollable sounds and movements. It is often misunderstood as a condition which makes people swear or say socially inappropriate things, however this only affects a minority of people (around 10% of those diagnosed with Tourette's). It is estimated that more than 300,000 children and adults in the UK live with the condition.

This year's campaign is #TourettesHurts—highlighting the impact Tourette's can have on those with the condition and those around them. The stereotypes of Tourette's have led to prejudice, social taboo and underfunding—a falsehood with very real consequences.

How you can join in:

Turn it green—Tourette's Action want the UK to turn green on 7th June 2025 to mark Tourette's Awareness Day.

Take part in #MoveForTourettes—join their annual fundraising campaign to support the awareness month. You decide your own challenge and earn a medal, wristband and certificate.

Action for Happiness

The themes for this half term are:

Active April

Meaningful May

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:

CAMPAIGN AGAINST LIVING MISERABLY

CALM—a suicide prevention charity, here to help you find the support you need

www.thecalmzone.net

0800 58 58 58

Live chat and What's App available

MENTAL HEALTH FOUNDATION

Mental Health Foundation

A UK charity whose mission is 'everyone deserves good mental health'

info@mentalhealth.org.uk