

## SOCIAL EMOTIONAL AND MENTAL HEALTH BULLETIN

OCTOBER 2020



We all know what it's like when our spirits are good, when our energy is high and when our mind and body feel free. These feelings, however, can easily slip away when life gets a bit bumpy like they have been for many of us over the last few months due to Covid 19.

The good news is that there are loads of easy, free and meaningful things we can do to increase our wellbeing.

The Five Ways to Wellbeing - Keep Learning, Connect, Take Notice, Give and Be Active gives advice on what we can do to make ourselves feel good.



Try something new. Take on a new responsibility at work. Learn how to cook, play an instrument or a new language. Learning new things makes us feel more confident as well as being enjoyable.

### Research suggests that...

- learning new things has a positive impact on our mental wellbeing
- in older people, opportunities to work or learn can help to lift people out of depression
- setting goals for ourselves is associated with higher levels of wellbeing

Connect with people around you. With your family, with friends, neighbours and colleagues. Think of these connections and relationships as the cornerstones of your life and invest time in developing them. Nurturing these will support and enrich you every day.



### Research suggests that...

- social networks increase our sense of belonging and wellbeing
- life goals that are intertwined with a connection to family and friends promotes life satisfaction
- the happier you are, the stronger your social relationships will be



Live in the moment. Take notice of the changing seasons. Embrace the here and now, whether you are eating, with friends or walking to work. Be aware of what you are feeling. Being aware of our experiences helps us appreciate what matters to us.

#### Research suggests that...

- savouring our experiences can help us recognise and restore our life priorities
- being aware of what's going on in the moment can enhance our sense of wellbeing
- self-awareness allows us to make choices based on our values and motivations

Do something nice for a friend, a neighbour or a family member. Say thank you. Volunteer your time. Join a community group. Seeing yourself connect with your community and those around you can be incredibly rewarding.



#### Research suggests that...

- acts of giving have the potential to enhance the social development in children and young people
- in older people, volunteering can lead to a greater sense of meaning to our lives, while offering support to others can also reduce mortality rates

Step outside, go for a walk or run. Dance. Garden. Cycle. Exercise makes us feel good. Find a physical activity you enjoy and one that is suitable to your level of fitness and mobility.

Any type of physical activity can make us feel good. Slower-paced activities, like walking, can enhance our mood by allowing us to enjoy our natural surroundings.

#### Research suggests that physical activity...

- reduces stress and helps us sleep better
- helps us to manage our weight
- helps keep our heart strong and reduces our blood pressure



#### SEMH TEAM IN SCHOOL



Mrs H Mukherjee



Mrs Laidler –Smith



Miss Mason

Please do contact any member of our SEMH team if you have any worries about your child.

Stay safe and stay well

Mrs Mukherjee