



Newsletter

Why not bring a little bit of the 5 ways to Wellbeing into your week?



The 5 Ways to Wellbeing - Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

Take Notice

Take time to be still, reflect, and become aware of your surroundings.

Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite foods. Yoga, Nature hunt, Cloud spotting, Bug hunting, Bird watching, Relaxation exercises, Try new foods, Try flower pressing, Relaxation skills, Star gazing, Take up photography

Connect

Connect with people around you - use different ways to communicate such as over the phone, letter, skype, face time etc.

Still life drawing, Collage with natural items, Role play, Acting/theatre, Put your phone away, Play board games

Be Active

Get up and move. Go for a walk or a run. Cycle, dance, play a game. Try a new activity. Old-fashioned playground games – hop scotch, hide and seek, skipping, tag, make bread – that kneading is hard work!, Have a disco/ musical statues – all that dancing is good physical exercise. Can you do the conga or the Macarena?

Keep learning

Set yourself a goal. Learn something new. Research something you are interested in. Learn a new word or random fact. Visit a museum (lots are offering free virtual tours) or watch a documentary.

Learn about your local area/history of your school, Write a biography about a member of your family, Play a new sport, Learn to play a musical instrument – can you all play together? Have a go at a samba band? Say hello in a different language, Hand shadow puppets,

Give

Do something nice for a friend. Thank someone who did something for you. Volunteer your time. Raise money for charity. Be a good role model. Take action. Send a letter to a grandparent, make someone laugh, offer to cook dinner, do household chores or make someone a cup of tea. Tell someone you are proud of them.

You can find more information at:

[NHS - 5 Ways](#)
[Mind - 5 Ways](#)



The theme for this year's Mental Health Awareness Week is Kindness.

We have listed some resources and online sessions that are taking place during the week, for you to access and use.

Click on the images to link to the resource
 #KindnessMatters #MentalHealthAwarenessWeek
www.mentalhealth.org.uk/mhaw



Ideas on how to show kindness to self and others over the week



Weekly planner and daily kindness resources free to download



Hosting free webinars this week

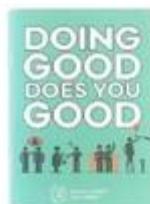
From crisis to kindness: The pandemic, mental health and early years
 Monday 18th May: 17.30 - 19.00

From crisis to kindness: The pandemic, mental health and education
 Tuesday 19th May: 17.30 - 19.00

From crisis to kindness: The pandemic, mental health and young people with multiple needs
 Thursday 21st May: 17.30 - 19.00



Sign up to access free course on supporting young people to break the cycle of self-harm



Self-care app being launched this week

'Kindness Matters' guide from the Mental Health Foundation

And finally.....

Are you loosing track of the days and months since lock down? These calendars may not help you keep track but they may make you feel better

Wellbeing Action Calendar

Take time to ask someone how they are	Take time to check in on someone today	Say one nice/positive thing to someone today	Make a plan to meet someone dear to you	Do a random act of kindness for someone today	Tell someone important how much they mean to you	Go for a walk
Be nice to someone today	Set a good example today	Give a compliment	Thank people	Offer hugs to your loved ones and friends	Smile at someone today	Write down 3 things you are grateful for
Go for a 30 minute walk	Meditate Sit, relax, focus on breathing	Do something that makes you happy	Spend time in nature	Try a new activity today	Laugh	Draw or paint a picture
Sit in the sun for five minutes	List 3 things you like about yourself	Enjoy a sunset or sunrise	Introduce yourself to someone new	Drink a glass of water before each meal	Write a poem	Clean out a cluttered drawer
Do something you love	Send a nice text message to someone	Take a photo of something nice	 			

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

"Happiness is not something ready made. It comes from your own actions" - Dalai Lama

5 Get moving. Do something physically active (ideally outdoors)	6 Say something positive to everyone you meet today	7 Take ten minutes to sit still and just breathe	1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Spread a bit of happiness by doing kind things for others	4 Write a list of things you feel grateful for in life and why
12 Switch off all your tech 2 hours before bedtime	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	8 Look for the good in others and notice their strengths	9 Learn something new and share it with others	10 Thank three people you're grateful to and tell them why	11 Have a friendly chat with a stranger
19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	15 Put a worry into perspective and try to just let it go	16 Get outside and notice five things that are beautiful	17 Eat healthy food which really nourishes you today	18 Make something happen for a good cause
26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Count how many people you can smile at today	22 Try out something new to get out of your comfort zone	23 Decide to lift people up rather than put them down	24 Today do something fun and invite others to join you	25 Put away your devices and focus fully on who you're with
			29 Use one of your personal strengths in a new way	30 Ask other people about things they've enjoyed recently	31 Write down your hopes and plans for the future	



Gwirio Awardd Cymhellfeli
 Hysbysebais Cynhyrchu Tuedd Iechyd Cymru
 Welsh Network of Healthy School Schemes
 National Quality Award

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