

William Harding School Wellbeing Newsletter

Autumn 1
2022



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...



THE FOUNDATIONS OF GOOD MENTAL HEALTH

It is never too early or too late to start looking after our mental health. This applies to children as well as adults. Many things can affect our mental health including money worries, work, relationship issues, bereavement and even the weather! Our mental health is just as important as our physical health and it is important to take steps to improve and look after it, in the same way we would improve our diet and exercise for our physical health. Below is the 5 ways to wellbeing poster which are the

foundations to good mental health. It is important to teach and model the 5 ways to wellbeing to children. Having good mental health helps you cope with daily stresses, gives you a sense of belonging and helps with work productivity and resilience. In this edition, we will take a closer look at

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give

Weather, seasons, and our mental health

The weather and seasons can affect our mood in unusual ways. Spring with its new flowers and baby animals can lift our spirits and give us energy. Summer with its long days and warmer weather can make us feel brighter but it can also cause tempers to flare if we are too hot or have the added pressures of entertaining children during holidays. Autumn can cause a sense of loss, gone are the summer days replaced by cooler nights and shorter days which can affect our self-esteem and cause apprehension. Winter can cause Seasonal Affective Disorder. The symptoms are similar to depression with feelings of sadness, loss of energy, an increase in anxiety and difficulty in concentrating.



Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.



5 WAYS TO WELLBEING

Connect

As humans we have a fundamental need to connect with each other, it gives us the feeling of being valued and part of a community. Having people to connect and talk with strengthens our wellbeing. There are many ways to connect and it is good to incorporate some each day.

- Ask someone about their weekend or day and really take the time to listen.
- Do the food shopping with a friend.
- Say hello to the person in the queue next to you.
- Speak to someone rather than sending an email.

Keep Learning

It is easy to feel lacking in motivation sometimes but learning new skills helps our self-esteem and encourages social interaction and gives us purpose.

- Set up a book club.
- Learn a new word each day.
- Research a topic you're interested in.

Be active

Keeping active is proven to lessen the symptoms of anxiety and depression. It doesn't have to be gym workouts or aerobic classes. Even gentle exercise can have a significant impact on your mental wellbeing.

- Take the stairs, not the lift.
- Go for a walk during your lunch break.
- Adjust your route to work so you can walk part of it (or all of it).
- Walk to a colleague's desk rather than calling or emailing.

Take notice

Taking notice and being 'present' in the moment helps with evaluating our priorities, improving our self-understanding and our ability to appreciate what we have. Things that can help include:

- Having plants in your home and workspace.
- Change your route to work for a change of scenery.
- Notice your breathing, practice slowing it down when upset.
- Have a clear out, decluttering rooms can help 'declutter' our mind.

Give

Giving is an important step in obtaining happiness as it releases endorphins. Giving doesn't have to mean spending lots of money on presents, it can be your time or your voice.

- Help a friend with some cleaning.
- Volunteer at a local event.
- Be a shoulder to support

