

William Harding School Wellbeing Newsletter

Summer 1
2022



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



UNDERSTANDING AND PRACTICING MINDFULNESS

Mindfulness is the ability to be present and aware of where we are and what we are doing. Mindfulness is a character we already possess, but we do sometimes need help learning how to access it. Mindfulness is a technique that can be helpful when you are facing feelings of anxiety or stress. Practicing mindfulness can help with feeling overwhelmed by what's happening around us and helps us to not be overly reactive to situations.

Practicing mindfulness can be done by designating periods of time to meditate, go for a walk but it can also be small bites interjected throughout the day like taking a deep breath before answering a phone. It's important when practicing mindfulness to connect with the present and not let your mind wander off, it can help to do the 5, 4, 3, 2, 1 method which focuses your senses on what's around you.



-  5 Things You Can See
-  4 Things You Can Touch
-  3 Things You Can Hear
-  2 Things You Can Smell
-  1 Thing You Can Taste

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

Wellbeing

OUR TIME - MENTAL HEALTH CHARITY



Some of you may have seen the recent documentary on BBC 1, Joe Wicks - Facing My Childhood. The documentary focused on how both Joe's parents had mental health conditions and how those affected Joe whilst he was growing up and in to adulthood.

Joe was a national inspiration during lockdown and it was interesting to see the show touch on the outpouring of messages he receives from parents who also suffer with mental health issues.

One charity that was featured in the show was Our Time. They are a charity based in London that support children whose parents have mental health conditions. Please follow this [link](#) to access their website and learn more about who they are and what they do. At William Harding School we

want to support our parents as well as our children. Please contact us if you wish to discuss any mental health concerns you or family members may have and how we can help support help support your child. If you wish to view the documentary it is available on BBC iPlayer or we have attached a link to Joe Wicks' Youtube page where it is also available.



NEVER ALONE

- NSPCC: 0808 800 5000 (24hrs)
- National Domestic Abuse Helpline: 0808 2000 247 (24hrs free)
- Mind: 0300 123 3393 (Mon-Fri 9-5)
- Victim Support: 0808 168 9111 (24hrs)
- Cruise Bereavement: 0800 808 1677 (Mon-Fri 9-5)
- ChildLine: 0800 1111 (24hrs)
- Action on Elder Abuse: 0808 808 8141 (Mon-Fri 9-5)
- Respect - Men's Advice Line: 0808 801 0327 (Mon-Fri 9-5or8pm)
- Samaritans: 116 123 (24hrs free)
- National Centre for Domestic Violence: 0207 186 8270

Another mindfulness exercise to try is a rainbow walk. When going for a walk try and spot something of every colour of the rainbow.

TAKE A RAINBOW WALK

While walking outside, take a moment to look around you and see if you can spot every color of the rainbow.

#DeStressMonday DeStressMonday.org **DE STRESS MONDAY**