

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 5 - May 2021

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## Welcome to our May Well-Being Newsletter!

Our Newsletter this month will focus on food. Food can impact us in many ways and we make food choices for many reasons. What is clear is that there is a strong emotional and social connection to food.

We often find ourselves stuck in a bit of a pleasure trap when it comes to food, especially the types of food that trigger off the reward centre in the brain.

This is not to say that we should not have an emotional connection to food, The question is are we making a conscious choice when choosing unhealthy food or are we driven by our emotions or a circumstance?



## How can we improve our relationship with food?



1. Give yourself unconditional permission to eat: When you create rules around when you can and can't eat, you're setting yourself up for hunger, feelings of deprivation, and fear of food.
2. Eat when you are hungry: the closer you can get back to listening to your natural hunger cues, the better you can regulate your appetite and manage your food intake.
3. Practice mindful eating: It involves eating in the moment and being fully present for the eating experience.
4. Welcome all foods in your diet: start viewing all foods as equal. When you allow all foods into your diet, you'll notice that your cravings for certain foods start to diminish.

When you stop viewing foods as "good" or "bad," you remove the food's power. Over time, you won't feel the need to overeat it when it's around.

5. Mind your plate: Instead of giving a reason for your food choices, allow yourself to eat food that you feel is best for you at that very moment.

Developing a good relationship with food takes time, patience, and kindness towards yourself. Allow yourself to navigate this journey without judgment, and take it day by day.

For more information, the following video also provides helpful tips on how to manage our mood with food:

<https://www.youtube.com/watch?v=CSH09VdVRfg>



## Anxiety

### Top tips to help reduce it



1. Do activities that:
  - Make you feel good;
  - Give you a sense of achievement;
  - Connect you to others.
2. Challenge your thoughts with compassion and kindness: ask yourself if you can do something about your thoughts or if they are just thoughts not based on facts.
3. Deep breathing exercises; relaxation; mindfulness (enjoy the present moment fully).
4. Notice the things that tend to trigger your anxiety. Notice when you start feeling anxious and what happens before that. It is important to try and limit the things that trigger your anxiety, e.g. watching the news.
5. Anxiety is a normal emotion to go through and causes an array of emotions. You can do a well-being plan for each week, keep physically and mentally active. Practice gratefulness and increase spiritual practices such as prayer or meditation.



## Self-Care and Sewing

By Laura Murtagh (College Counsellor)

Finding time to do something you love is an important part of self-care. Self-care is critical to maintaining positive mental health and well-being. In our busy lives, taking time out in your week to do a pastime you enjoy is so beneficial. During the second lockdown - I dusted off my old sewing machine - and most evenings would actually turn the TV off (!) and take myself off to do some sewing - I started with small little items (for example a pencil case, sunglasses cover etc) and then became more adventurous as I set out to make most of my family's Christmas presents. I have even now accomplished several pieces of clothing and my plans get more and more adventurous... When I am at my sewing machine, I mentally "switch off" - listen to music - and feel a wonderful sense of calm and focus. Is there an interest/hobby/pastime that you could pursue to promote your self-care and boost your wellbeing? Give it a go - you never know what may happen!



## Chaplain's Corner



A Scripture that we can meditate on:

**Philippians 4:6-7 NIV - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**