

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 23 – January 2023

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Welcome to our January Well-Being Newsletter!

May 2023 be kind on your physical and mental health.

If living through a global pandemic has taught us anything, it is that we should not take health and wellness for granted. In 2023, improving our body, mind *and* soul is a great way to organize our long-term goals for the new year.

Focusing on our health and well-being does not have to translate into starting a new diet or workout plan. Even just doing small things that one enjoys, such as having a hot bath, reading a magazine or a book, or listening to one's favourite music, can help us to 're-charge' and improve our mood. Setting time aside for this each day, or a few times a week, so that these activities are something that we can look forward to, will help our well-being.

Please refer to the Mental Health Checklist, page 2 to give you more ideas towards your well-being.

Having good mental health is achieved by expressing our positive and negative emotions in a healthy way.

## Cost of living crisis - Useful links

<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.gov.uk/the-warm-home-discount-scheme>

<https://www.gov.uk/winter-fuel-payment>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

<https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/help-cost-living/help-crisis>

[https://england.shelter.org.uk/housing\\_advice/benefits/emergency\\_grants\\_loans\\_and\\_money\\_help](https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help)

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

**BBC Food Family's £1 recipe meal plan:**  
[https://www.bbc.co.uk/food/articles/budget\\_family\\_meal\\_plan\\_for\\_four#xtor=CS8-1000-%5BEditorialPromo\\_Box%5D-%5BNewsEditorial\\_Promo%5D-%5BNewsEditorial\\_Promo%5D-%5BPS\\_FOOD~N~P\\_budget\\_meal\\_plannerFP%5D](https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~P_budget_meal_plannerFP%5D)



## The Importance of sleep

During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems.

There is a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

### Tips to getting a better sleep:

1. Try to go to bed to sleep and wake up at the same time every day,
2. Don't eat late in the evening,
3. Take a relaxing bath or shower,
4. Exercise during the day,
5. No screens in bed!



## Tips for a calmer mind

### What can help

Life throws chaos at us on a regular basis, whether it is our finances, our relationships or our health. In response, we usually just keep on pushing through, overscheduling ourselves; drinking another coffee; responding to one more email. All it does is burn us out, drain our productivity, and lead to exhaustion;

1. **Breathing.** One of the most calming breathing exercises we can do is to breathe in (e.g., to a count of four), hold, and then breathe out for up to twice as long (e.g., to a count of six or eight).
2. **Self-compassion.** We are often our worst critic. Self-compassion is the ability to be mindful, of our emotions—aware of the emotions that are going on inside whenever we fail at something. It does not mean we identify with them; we can just observe and notice them, without feeding the fire.
3. **Connection.** How often are we actually present for another person 100 percent? Those feelings of loneliness are extremely destructive to our body and mind, having a negative impact on our health.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

Headspace

<https://www.headspace.com/educators>

Calm

<https://www.calm.com/>



## My Mental Health Check List

### This week, did you:



- Spend some time outside in nature
- Think about or write a list of things you are grateful for
- Move your body – walk, run, swim, dance...
- Take a break from social media
- Spend time with friends face to face Do something creative – write, draw, make
- Nourish your body with good food
- Get enough sleep
- Do something kind for someone else
- Laugh

# Mental Health Support



Bearevment support for children  
<https://rainbowsgb.org/>



a free online counselling  
for over 25s



<https://www.cruse.org.uk/>



**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
24/7 CONFIDENTIAL FREEPHONE

# Staff Corner

## Work and Stress

At least 1 in 6 workers experience mental health problems like anxiety and depression in the UK. Work is the biggest cause of stress in our lives - more than money problems.

A few things you can do to relieve some of the stress:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/>

Download your Wellness Action Plan:

<https://www.mind.org.uk/workplace/mental-health-at-work/wellness-action-plan-sign-up/>

Other links:

The Headspace App offers free full premium access to teachers & school staff:  
<https://www.headspace.com/educators-covid-19>



<https://www.educationsupport.org.uk/>

# Chaplain's Corner



Dear God,

Thank You for Your unconditional love.

Lord help me to know myself and to love myself.

If I don't feel self-worth, how can I expect someone else to cherish me?

Help me to develop a healthy self-identity, remembering that I am a child of the King, created in Your image.

Help me know who I really am, what I really want from life, and what I want in the person I will spend my life with.

Amen

Wishing you a healthy 2023!

