

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 26 - May 2023

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## Welcome to our May Well-Being Newsletter!

Our newsletter this month, will focus on the close link between physical and emotional well-being. We all know that exercise is good for us. However, for some of us, it may seem more like a chore than a pleasurable thing to do, hence choosing an activity we enjoy and not expecting immediate results straight away.

Exercise is good for our body. But did you know it can also boost your mood, improve your sleep, and help you deal with mild to moderate depression, anxiety, stress, and more? People who exercise regularly tend to do so because it gives them an enormous sense of well-being.

Exercise does not have to be hitting the gym 5 times a week or running a marathon. It is about finding an activity you enjoy and building up gently towards an achievable goal.



## Why is exercise so important

Regular exercise and physical activity may:

- help you control your weight,
- reduce your risk of heart disease,
- help your body manage blood sugar and insulin levels,
- Help you quit smoking,
- Improve your mental health and mood,
- help keep your thinking, learning, and judgment skills sharp as you age.

Exercise releases chemicals like endorphins and serotonin that improve your mood. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch with other people.

If you exercise regularly, it can reduce your stress and symptoms of mental health conditions, like mild to moderate depression, or anxiety.

How to motivate oneself:

1. Choose an activity you enjoy,
2. Identify your "why" – do you want to exercise for your health?
3. Arrange to meet a friend to exercise together.
4. reward yourself with a new piece of clothing or shoes you'll enjoy exercising in,
5. get an activity tracker,
6. start small and build up at your own rhythm,
7. be patient with yourself, and keep the long game in mind.



# The link between physical and emotional health

Exercise releases chemicals like endorphins and serotonin that improve our mood. Exercise can also get us out in the world, help to reduce any feelings of loneliness and isolation, and put us in touch with other people.

If you exercise regularly, it can reduce your stress and symptoms of mental health conditions like mild to moderate depression or anxiety. You will also feel more energetic throughout the day, sleep better at night, have a sharper memory, and feel more relaxed and positive about yourself.



## The benefits of exercise:

Releases  
endorphins  
and serotonin

Better quality  
of sleep

Improves self  
esteem

Improves  
memory

Increases  
energy levels

Opportunity  
to socialise

Reduces  
stress

Boosts  
motivation

## Coming up:



Fun fund-raising activities organised by our Mental Health Ambassadors...



## Staff Corner

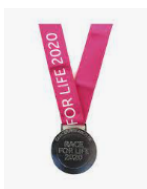


### LONDON - BLACKHEATH 5K SUNDAY 25 JUN 2023

£15.99 ADULTS | £11.00 CHILDREN

A charity fundraiser event for staff and students to complete the race for life 5K at Blackheath on 25th June. You can walk, hop, skip, jog, run or even plod along at your own pace, all in aid to raise money for such a good charity. To join, please follow the link below:

<https://raceforlife.cancerresearchuk.org/find-an-event/blackheath-common-5k-2023-06-25-1030>



## ✝ Chaplain's Corner ✝

*Loving God, Creator of dignity and all that lives,  
Help us be bridges.*

*Help us cry out for respect and value for all  
When society forgets that it is our  
most basic nature,  
We are all God's children.*

*Amen.*



# Help and Guidance

Services available  
all year round:

**shout**  
85258 here for  
you 24/7

Shout 85258 is the UK's free,  
confidential, 24/7 text support



Free text message support  
service for young people



Free emotional service for young people



Free advice and support



Free online counselling support  
For over 25s



Bereavement Support for children  
<https://rainbowsgb.org/>



UK's leading charity supporting those  
affected by eating disorders and  
campaigning on their behalf

