



## WELLBEING NEWSLETTER

The purpose of this newsletter is to offer advice and to keep you inspired during this period of home learning. Print it out and put it up somewhere where you can refer to it.

Below are the 5 Ways to Wellbeing according to the New Economics Foundation. The information below can be found at [mind.org.uk](http://mind.org.uk) as well as on the NHS website.



### CONNECT



There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, try to do something different today and make a connection.

### BE ACTIVE



Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting wellbeing. But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

### TAKE NOTICE



Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations. Take some time to enjoy the moment and the environment around you.

### LEARN



Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression. The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

### GIVE



Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.



# MINDFUL MORNINGS

Mornings are a sacred time, the start of a brand new day. Refreshed from sleep, the activities we choose to undertake first thing can impact on the trajectory of our day. Research suggests that just 3 minutes of news headlines on a morning can negatively affect your mood for the rest of the day.\*

\*University of Pennsylvania

## WHO HAS THE TIME?

Whether you have 5 minutes or two hours, choose to use that time to make your mornings more intentional. Try out these ideas, some of which you can do before you even get out of bed!

Say 3 things that you are grateful for.

*Thank You!*

Practise some conscious breaths as you make your morning tea or coffee.



Meditate



Yoga Stretches



Write in a Journal

SMILE



Creating a morning routine can make mornings much calmer. These little things can help to 'anchor' you and make the abnormal feel 'just a little bit' more normal. For more information about creating a mindful morning routine for children, check out [biglifejournal.com](http://biglifejournal.com)

# WELLBEING AT REDHOUSE

Since the 4 January 2021, all pupils in Year 6-11 have been set a daily Wellness and Mindfulness task via Teams to help them start their day in a reflective manner.

In addition, Years 6-11 have the opportunity to 'drop in' to Team Talk every week. This is a 30-minute year group specific session with Dr Ashcroft and acts as a check-in for pupils who may feel anxious, stressed, lonely or just want to have a chat.

The timings are as follows:

Year 6: Tuesdays 3.30-4.00pm  
Year 7: Wednesdays 3.00-3.30pm  
Year 8: Wednesdays 3.30-4.00pm  
Year 9: Thursdays 3.00-3.30pm  
Year 10: Thursdays 3.30-4.00pm  
Year 11: Tuesdays 12.30-1.00pm

All form groups in the Senior School have a 30-minute pastoral registration with their Form Tutor every weekday from 8.30-9.00am via Teams.

The Junior School has a variety of weekly wellbeing tasks being set by the class teacher. Ranging from Wellbeing Wednesday activities to online 'connection' sessions.

## Conversation Corner

What do you love doing that makes you happiest?

What do you know how to do, that you could teach to others?

## App Recommendation

If you are looking for a meditation app, Insight Timer offers 70k meditations including live sessions with some of the world's best teachers.



InsightTimer