

# Wellbeing Newsletter

Spring 2020

## Wellbeing in School

We have been working really hard to support wellbeing in school. During Happy, Healthy Children Week, we learned about the importance of taking care of ourselves both mentally and physically. This includes noticing and managing the way we feel—our emotions and our relationships with others. The Five Ways to Wellbeing were explored.

## FIVE WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO  
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

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Today I choose to be calm.

Happiness depends on the  
quality of your thoughts.

**Smile often, think  
positively, give thanks,  
laugh loudly, love others.**

**When you focus on the  
good, the good gets  
better.**

### Simple ideas to support wellbeing

- Get cosy and share a good book.
- Sit comfortably and spend a few minutes in silence. Notice the sounds around you.
- Just breathe! Inhale for 4, hold for 2 and exhale for 4.
- Stay hydrated and drink water to feel energised.
- Have an early night - enjoy a warm bath or shower before snuggling down.
- Be in the moment—find pleasure in the small things—sipping your favourite drink, savouring a slice of cake, spending time with loved ones.
- Enjoy some fresh air—be close to nature.
- Move, stretch, exercise—there are so many youtube videos to follow including relaxation clips.
- Colour, draw, create! It can help to reduce stress and create a sense of calm.

## MINDFULNESS

Mindfulness can be defined as the mental state achieved by focusing on the present moment whilst also accepting our feelings, thoughts and bodily sensations. By integrating mindfulness into the day, we can arm our children with life-long skills that support their current and future mental health and wellbeing.

### **1. Breathe!**

Deep breathing is nature's way of relaxing the brain and the body. You can 'trick' the brain with controlled deep breathing. Get your children to inhale for the count of five. Hold the breath for a second, and then slowly exhale for a count of eight. Repeat ten times, or until calm.

### **2. Mindful doodling**

It relaxes the mind, and allows the learning to make connections in the brain. It will also help if you play relaxing meditation music in the background.

### **3. Mindful gratitude**

Throughout the day, get the children to stop, take three mindful breaths, and silently write down one thing they are thankful for, on a special 'Gratitude List'. By the end of the day, the list will be long and filled with happy thoughts.

### **4. Worry Stones**

This is a 'focus object' that can allow children to release their worries and connect with their inner mindfulness of calm and peace. Have a collection of smooth stones to hand. When the child starts to become anxious, have them rub the stone, while focusing on the feel of the stone, and taking deep belly breaths.

### **5. STOP!**

This is a ten second mindfulness idea. When a child is getting frustrated, wriggly or overwhelmed, use the acronym STOP to resettle them.

S = Stop what you are doing

T = Take a deep breath

O = Observe what is happening around you

P = Proceed

### **And one more bonus tip...**

Develop your own mindfulness! Children that have access to calm, mindful adults are more likely to be calm, mindful children. When they have good role models who are using mindfulness strategies day in, day out, they will follow your lead. Positivity breeds positivity and mindfulness will become part and parcel of life.

Remember that stress is a part of life. It will not disappear. But we can control how we react to stress. We can learn to surf the waves rather than drown in its waters.

