



# Middlestown Primary Academy

## Wellbeing Newsletter—Spring 2



Spring is a time of new growth, new life and pops of colour with croci and snowdrops, daffodils and tulips, buds on the trees and the blossom of the trees coming in to show they are warming up and coming back to life. We too dress in brighter colours and less layers as the temperature goes up. Even the light touch of the sun on our face and the breeze coming in through the window can lift our mood and make us feel hopeful again.

### 5 Ways to Wellbeing this Spring

1. Take Notice—paying attention to things around us. In the Spring months, this may be done by taking a walk and noticing a new life that comes with it.
2. Get Active—this doesn't have to be high impact. Try thinking low impact, high reward. Walking is an easy way to get moving. It helps to improve your heart's health and keep fit.
3. Learning—with spring comes hopeful change. Research tells us that learning new skills can also improve mental wellbeing, helping you build a sense of purpose and connecting with others.
4. Give Back—Have you thought about making your hobby a fundraising for charity? When we 'give back' we 'get back' in return, knowing that you are making a difference.
5. Connect—This motivates us to work on our connections and relationships with our family and social groups, but also our body and our mind, too.



### **International Day of Happiness**



**20 March**

On 20th March every year, the world comes together to commemorate the International Day of Happiness. It is a global movement towards a happier, more inclusive, and resilient world. Here are some ways you can get involved in International Day of Happiness:

- Spread happiness—do something kind for someone else.
- Reflect on your own happiness—take time to reflect on what makes you happy.
- Celebrate with others—host a happiness themed party or event with friends.

### Key dates this half term:

**Eating Disorder Awareness Week: 26th February-3rd March**

**Nutrition and Hydration Week: 11th-17th March**

**World Sleep Day: 15th March**

**International Day of Happiness—20th March**





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## Wellbeing Newsletter—Spring 1



### The Unexpected Benefits of Mindfulness

Mindfulness meditation has been shown in many studies to be useful for helping people **manage stress, anxiety, depression and enhance their wellbeing**. Mindfulness is the ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Paying more attention to the present moment, to our own thoughts and feelings, and to the world around you, can improve your mental wellbeing. While mindfulness is something we naturally possess, it's more readily available to us when we practice on a daily basis. There's growing research showing that when you train your brain to be mindful, you're actually remodelling the physical structure of your brain.

#### **Waking with a purpose**

On waking in the morning, before checking your phone, take three long, deep breaths. Breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.

Ask yourself, "What is my intention for today?" Think about the people and the activities you will face. Set your intention for the day, "Today I will..." This could be anything you feel is important. Throughout the day, check in with your self. Pause, take a deep breath, and revisit your intention. Notice as you become more conscious of your intentions for each day, how the quality of your communications, relationships and mood shifts.

### Action for Happiness

The themes for this half term are:

#### **Mindful March**

Visit their website to download the calendars and to take part in the daily activities:

[www.actionforhappiness.org/](http://www.actionforhappiness.org/)



### Places to go for support and advice:



"Whatever's on your mind, we're here to listen." Free digital mental wellbeing support for adults across the UK

<https://www.qwell.io/>



"Through out campaigns we challenge stereotypes and challenge the stigma that prevents people talking about suicide."

<https://www.thecalmzone.net/>