



Middlestown Primary Academy

Wellbeing Newsletter—Summer 1



**Take care of your body.
It's the only place you
have to live. ~ Jim Rohn**



ACTION FOR HAPPINESS

At Middlestown Primary Academy, we are committed to supporting children, staff and parents' wellbeing and mental health. Our aim is to provide help, tips and resources to support your mental health and wellbeing at home and share resources that we hope you find useful.

Self-Care

Our compassionate instincts as human beings often mean that we put the safety and wellbeing of others first. In many relationships, it is all too easy to see our role as support for the other person to be of greater importance than our duty to ourselves.

The analogy often used is that of being on an aeroplane, where the safety instructions clearly tell us to put on our own oxygen mask before trying to help anyone else.

Self-care is not selfish. It is essential if we are to be as well as possible, allowing us to retain a level of independence and control in our own life and then, and only then, be able to provide meaningful help to those we care about.

Everyone deserves the benefits of self-care in whatever form it takes. It can be anything that helps you to feel calmed, rested and recharged. For each of us it will be different and you will find what works for you.

Try running through a mental check list of where the gaps are in your own self-care and attempt to come up with one solution for each category. Make time for yourself a part of your daily routine. Think about: physical self-care, emotional self-care, spiritual self-care, mental self-care, social self-care and practical self-care.

- S** Soothes you
- E** Re-Energises you
- L** Lifts you up
- F** Feeds your soul

- C** Care and compassion
- A** Acknowledges your importance
- R** Helps you rest
- E** Empowers you to cope



Mental Health Awareness Week runs from 13th to 19th May. This year, the theme is 'Movement: Moving more for our mental health'.

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know that there are many different reasons for this, so this Mental Health Awareness Week, the foundation wants to help people to find moments for movement in their daily routines. Going for a walk, putting on your favourite music and dancing around the living room, chair exercise when watching TV—it all counts! Visit their website for more information:

www.mentalhealth.org.uk

Key dates this half term:

World Health Day: 7th April 2024

Stress Awareness Month: April 2024

Mental Health Awareness Week: 13-19th May 2024





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Social Media and Mental Health

Social media has a huge impact on our lives and it's only set to increase in the future. The effect of social media crops up again and again, mainly for the negative impact it can have leading to poor mental health.

Over the past 10 years, social media has quickly embedded itself as an integral part of our lives, for better or worse, and it can have a significant impact on our mental health if not managed correctly.

There's no doubt that social media has changed our lives—accessing information is easy and quick, finding products, services, opinions, reviews, real time reports on news and sports and watching informative, music or amusing videos on You Tube is now a normal part of most people's every-day lives. Accessing information is easy and we are used to the instant response.

Social media can be positive for our wellbeing—it gives people a voice, allows self-expression, connects us and can power change. But it is the negative impact of social media that draws the most attention. Everyone now has a voice and an opinion but some don't use this in a positive or constructive way. A study by the Royal Society of Public Health on Social Media #StatusofMind shows that social media is linked with increased rates of anxiety, depression and poor sleep and has been described as more addictive than cigarettes or alcohol.

We must be mindful of how we use social media to ensure it is a positive addition to our busy lives. As with most things in life, it's all about balance and moderation. Social media doesn't have to be bad for our mental health if we are aware of the negative impact it can have on our state of mind and find a happy medium in terms of how much time we spend on it and how much reliance we place on it. Our attitude towards social media and how we use it is crucial to ensure it benefits our mental health.

Action for Happiness

The themes for this half term are:

Active April

Meaningful May

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




Places to go for support and advice:

Tommy's

Together, for every baby



#TOMMYSMATTERS

Tommy's: A pregnancy charity working to make the UK the safest place in the world to give birth. They believe that every baby lost is one too many. Tommy's exists to support, care for and champion people, no matter where they may be on their pregnancy journey.

<https://www.tommys.org>

Andy's Man Club: A men's suicide prevention charity, offering free peer-to-peer support groups across the UK and online.

<https://andysmanclub.co.uk>