

# WELL BEING

WINTER 2021

Written by Head of Wellbeing Emily Drury and the Wellbeing Ambassadors.

## HEALTHY BODY HEALTHY MIND

During Anti-bullying our students supported the cause by wearing odd socks. This was to celebrate how everyone is unique. All year groups had an assembly on how 'One kind word can have a positive effect on people'.

## 6 WAYS TO TURN A BAD DAY INTO A GOOD DAY!

**Visit the library** - going to the library to have some alone time is great, the peaceful and calm atmosphere can help you immerse yourself in a book, or in your homework; allowing quiet time to improve your mood and feel happier. Ease yourself in slowly.



**Eat lunch with others** - although most people already eat lunch with their friends, it could be fun to try eating with someone different, maybe bring in a pack lunch for a change and talk to someone you don't usually meet at lunch, having new conversations and fresh ideas allows for new perspectives and enjoyable times. Even if you don't think you can have a conversation, talking to people is a great way to let out your feelings and boost your mood.

**Do something that makes you happy** - even though we are told numerous times that we should take a break from our phones, if watching a video with your friend, or listening to music at lunch will help you feel better, then you should do it. If you prefer to take a break from your phone and do art, or read a book, then go for it. You aren't constricted to only talking with friends- because some days you don't want to. That's normal, so do something that makes you happy.

**Try and do something new** - even if it is something as simple as joining a lunchtime club or trying something else on the lunch menu, change can often broaden our mindset and make us more willing to attempt new things in the future. For example, you can join a new club at lunchtime which you thought you could never do but after attempting it you discovered a new hobby/activity you enjoy doing.

**Use a positive mindset** - even if your next lesson is your least favourite subject, try thinking about it in a new light, by focusing on the work you can take your mind off worrying issues and enjoy learning.

**Release your habits** - a great thing to try in school is to 'release' your habits, trying something new and breaking your routine can be a very good, mindful exercise. These can be simple changes like finding a different place to eat lunch or trying a new food from the canteen. When we release old habits we can feel more excitement by implementing a new change in our lives. By actively thinking of new changes your mind becomes present and focused, small changes can help you find new favourite things, which can definitely brighten up a bad day.

## HOW CAN NATURE BENEFIT MY MENTAL HEALTH?

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects.

### It can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you make new connections
- provide peer support.

### Nature and mental health problems

Spending time in nature has been found to help with mental health problems including anxiety and depression.



For example, research into ecotherapy (a type of formal treatment which involves doing activities outside in nature) has shown it can help with mild to moderate depression. This might be due to combining regular physical activity and social contact with being outside in nature.

Being outside in natural light can also be helpful if you experience seasonal affective disorder (SAD), a type of depression that affects people during particular seasons or times of year. And people tell us that getting into nature has helped them with many other types of mental health problems.

### Do activities outdoors

- Get creative. Draw or paint animals or nature scenes or let them inspire a poem or song lyrics. If you enjoy writing in a journal, try doing this outside.
- Eat meals outdoors. Have a picnic in a local park, or simply sit in a garden. This might be something you could enjoy doing with other people.
- Watch the stars. Use a stargazing website, app or book to help you recognise different stars, or simply enjoy looking at the night sky. Give your eyes time to adjust, as it can take about 20 minutes before you can fully see stars in the dark.
- Try exercising outside. Run or jog through a local park or do yoga outdoors. You could try it by yourself or look for classes in your local area or with a friend.
- Join a local walking or rambling group. (See the Walking For Health and Ramblers websites for more information.)
- Follow a woodland trail. (See the Forestry Commission England websites to look for woodland near you.)
- Try to complete 30 minutes of exercise a day. Why don't you walk or cycle to school instead of using transport



## SIR DAVID ATTENBOROUGH

In this short video, Sir David Attenborough discusses ways that nature has been shown to improve mental health - for example, that recently bereaved people have found spending time in nature helpful for dealing with their grief. He discusses how nature has helped him during stressful times and suggests ways that people can better connect with nature.

<https://youtu.be/h29z-l3XTlk>

## EATING A BALANCED DIET

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

### Food groups in your diet

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see 5 A Day)
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat, meat alternatives and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least 6 to 8 glasses a day)

If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients.

Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

## GENERAL, HELPFUL WELLEBING LINKS:

<https://www.nhs.uk/live-well/eat-well/>

<https://www.kooth.com/>

<https://www.youngminds.org.uk>

<https://anti-bullyingalliance.org.uk>

