Ways to Look After Your Wellbeing and Keep Yourself Mentally Healthy

Positive mental health is emotional wellbeing. “Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his *community.”*
(World Health Organization)

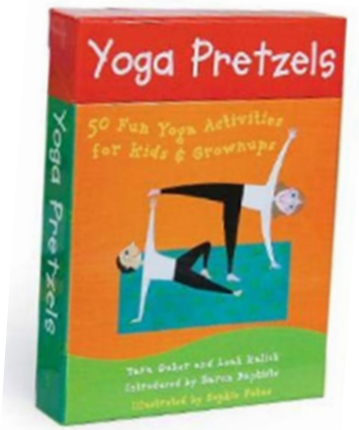
We all have mental health and there are many ways you can look after your health so that you are mentally healthy. Some of the things we do at school to keep ourselves mentally healthy:

The Importance of Yoga:

“There is a growing body of research to back up yoga’s mental health benefits. Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centres the nervous system. Yoga’s positive benefits on mental health have made it an important practice tool of psychotherapy (American Psychological Association). It has been shown to enhance social well being through a sense of belonging to others, and improve the symptoms of depression, attention deficit and hyperactivity, and sleep disorders. Also, yoga can improve symptoms of schizophrenia when it is done alongside drug therapy (Yoga and Mental Health, Huffington Post 2013). Yoga also improves the mood, behaviour, and mindfulness of high school students taking yoga classes in addition to PE than students taking PE alone (yoga classes helps high school students). It has been shown to improve workplace well-being and resilience (The Effectiveness of Yoga for Well Being in the Workplace).”

https://www.psychologytoday.com/

Yoga



We do yoga in class at least once a week and we use these Yoga Pretzel cards (available from Amazon).

Mindfulness

We do mindfulness every day at school. We use Mindful Kids (available from Amazon).

The Importance of Mindfulness Practice:

“Mindfulness is an integrative, mind-body based approach that helps people to manage their thoughts and feelings and mental health. It is recommended by NICE (National Institute for Health and Care Excellence) as a preventative practice for people with experience of recurrent depression. Mindfulness exercises are ways of paying attention to the present moment, using techniques like meditation, breathing, and yoga. Training helps people to become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they are better able to manage them. Practising mindfulness can give more insight into emotions, boost attention and concentration, and improve relationships.” www.mentalhealth.org.uk

Other ways to keep yourself mentally healthy…

Here are some more things we do at Theydon Primary School to keep ourselves mentally healthy and some ideas you can do at
home!

Exercise can help raise self-esteem, help you set goals and achieve them, cause chemical changes in your brain which can help to positively change your mood.

YOU COULD...
Go for a walk.
Skip with a skipping rope.
Cycle along a cycle track.
Do sit ups, press ups or jumping jacks.
Follow Joe Wicks on You tube.

Relaunch of the Daily Mile February 2020
Mile Timetable:
Year R: Orchard and Forest: 2.15pm
Year 1: Blackacre: 1.25 pm
Year 1 / 2: Baldocks: 1.25pm or 2pm
Year 2: Pakes: 1.45pm
Year 3 and 4: Piercing, Harewood and Buxton: 12.05pm
Year 5: Purlieu: 10.15 am
Year 5/ 6: Woburn: 9am
Year 5/ 6: Coppice: 2pm

Eat healthily.

Make connections with others

At Theydon, sometimes the children work in pairs or groups which means that they make connections with others. Play time also allows the children to make connections with each other.

Get lots of sleep.

Talk to someone.

Make connections with other people:

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth.
- give you an opportunity to share positive experiences.
- provide emotional support and allow you to support others.

YOU COULD: At home, try to meet up with your family and friends as much as possible. Switch off the TV and play a game.

Write a journal.

More ways to keep yourself mentally healthy…

Learn a new skill:

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting your self-confidence and raising your self-esteem.
- helping you develop a sense of purpose.
- helping you to connect with others.

At Theydon Bois Primary School, the children are always learning new skills and devloping existing skills.

To learn a new skill, you could…

Cook a new recipe with your parents.
Help your parents with a DIY project such as painting a fence.
Learn a new language using YOUTUBE.
Try a new sport or a new hobby such as playing bowls in the garden or learn how to paint in the style of a famous artist that you don't already know!

Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and giving you a sense of reward.
- giving you a feeling of purpose and self-worth.
- helping you connect with other people.

It could be small acts of kindness towards other people, or larger acts like volunteering with your parents in the local community.

At Theydon Bois Primary School, kindness is always modelled, encouraged and celebrated. The children receive verbal praise and merits when they have displayed kindness to other children and to adults. Examples of kindness at our school are when the children are thoughtful to each other and adults, donating food at Harvest Festival, singing to the people in old people's homes and raising money for charity.

To give to others you could….

- Say thank you to someone for something they have done for you.
- Ask friends and family how they are and really listen carefully to their answer.
- Spend time with friends or family who need your kindness and support.
- Offer to help people around you.
- Volunteer, with your parents, on a community project.

USEFUL WEBSITES:

www.nhs.uk/change4life/activities
www.mentallyhealthyschools.org.uk
https://www.childline.org.uk/

Design by Miss Maclaran May 2020.
Research taken from psychologytoday,com. mentalhealth.org.uk and nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/