

Wellbeing Newsletter

Welcome to our first Wellbeing Newsletter! You will receive a copy every half term, with hints and tips of how to promote your positive mental health and wellbeing.

SCHOOL UPDATE:

We have lots going on in school, to keep awareness of positive mental health and wellbeing going:



World Mental Health Day activities:

- Stress Bucket activity with Year 7 – Stress bucket is a model that helps people understand stress and how to cope with it. Year 7 students will identify what fills their stress bucket and what they can do to empty it!
- Staff promoting #helloyellow (young minds charity event), by wearing an item of yellow clothing or accessory.



5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

 5 THINGS YOU CAN SEE	 4 THINGS YOU CAN TOUCH
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 3 THINGS YOU CAN HEAR	 2 THINGS YOU CAN SMELL	 1 THING YOU CAN TASTE
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- Displays around school – We have designated mental health boards around school to support students with self-management of their mental health. Each classroom has a 'Wellbeing Wall' where tutors have displayed strategies and techniques that students can use if they are struggling at any point during school.



CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

- Staff training – As part of our whole school approach, we invited one of our external agencies, Compass Bloom, into school, to deliver a staff development session on signs and symptoms, hints and tips of low mood and anxiety
- Compass bloom Worry Management workshops sessions for students.
- Staff wellbeing – Tea & Talk / After school yoga







THIS HALF TERM'S THEME:

Mood boosting chemical:

As the seasons change, we discuss how you can keep your mood uplifted by taking part in 'mood boosting' activities.

The dark, colder and wet weather of Autumn starts to affect people in different ways. Apart from having to dig out your Winter wardrobe, remaining motivated when all you want to do is stay cozy at home, becomes more difficult. One theory of the weather affecting us, is the increase in social isolation and inactivity that this causes, whilst cloud-filled skies obscure the sun meaning less daylight exposure and gaining less of the 'feel-good' hormone serotonin which we require to regulate our moods and lower stress. We can still do things to boost our mood and the brain's chemical that affect our mood.

<p>Endorphins The Pain Killer <i>Relieves stress & blocks discomfort</i></p> <ul style="list-style-type: none">• Using essential oils• Watching a funny movie• Eating dark chocolate• Exercising 	<p>Dopamine The Reward Chemical <i>Motivation & concentration</i></p> <ul style="list-style-type: none">• Completing a task• Performing self-care activities• Striving towards a goal• Eating food 
<p>Oxytocin The Love Chemical <i>Increases trust/relationships</i></p> <ul style="list-style-type: none">• Playing with a dog/cat• Playing with a baby• Hugging a loved one• Giving/receiving a compliment 	<p>Serotonin The Mood Stabilizer <i>Well-being & happiness</i></p> <ul style="list-style-type: none">• Improving social behavior• Meditating• Running• Walks through nature• Having Sun exposure 

Endorphins: Natural pain killers and mood elevators, produced by the body. They can be increased through exercise, laughter, social connections, massage, acupuncture, music and spending time in nature. Adopting a healthy lifestyle can boost endorphin levels.



Serotonin: A chemical produced by the body that plays a role in mood, appetite and sleep. It can be increased through exercise, sunlight, healthy diet, relaxation techniques, adequate sleep, supplements, and seeking professional help. Maintaining healthy serotonin levels is important to overall wellbeing.

Oxytocin: A hormone that promotes social bonding and trust. It can be increased through physical touch, social interaction, exercise, massage, spending time in nature, and practicing gratitude. Different activities work

for different people, so it's a good idea to try a variety to see what works best for you.

Dopamine: A chemical that plays a role in motivation, pleasure, and reward. It can be increased through exercise, a healthy diet, adequate sleep, relaxation techniques, seeking new experiences, supplements, and seeking professional help. Maintaining healthy dopamine levels is important for overall wellbeing.

Lots to think about there and keep you busy! Half term will be the perfect opportunity for you all to get out and get active! Enjoy!

