



Us Plus

Mental Health and Wellbeing

Hello everyone,

Welcome to the first bulletin of the new Academic Year! The Us Plus Bulletin will be shared each fortnight and contain tips and advice to help you look after your Emotional Mental Health and Wellbeing. This week brings you the Action for Happiness 'Self Care September' Calendar for September.

Mrs Taylor

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing the TIS team at tis@penrice.org.uk or me at ktaylor@penrice.org.uk

Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes
6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost
13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself
20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing
27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are			

ACTION FOR HAPPINESS

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