



Us Plus

Mental Health and Wellbeing Bulletin 14

Hello everyone,

Welcome back to the Summer Term! This bulletin shares 10 ways to look after your mental health and wellbeing. A great focus for the new term!

Mrs Taylor

Carve out time.

This probably the most important of all the ways to take of yourself. You need time, and it has to be part of a daily routine. It's not always easy to set time aside with everything going on in life but learning to carve it into your schedule is necessary.

Meditation.

We've come a long way from meditation being considered hocus pocus. Mindful meditation has proven to change the structure and function of the brain, and it's a fabulous way to promote relaxation.

Yoga.

Yoga and other types of Eastern methods of activity involve stretching, improving flexibility, connecting mind and body – all of which are helpful for stress reduction and wellness, and have been used extensively for thousands of years. The best way to learn Yoga is through a studio, but you can also do so from videos online.

Exercise.

Working out comes in many forms. There's training for strength, endurance, and aerobic activity (getting your heart beat up). But simply walking 2 miles a day is great exercise – plus it gets you outside! Exercise not only gets you physically fit, but it's a natural way to help decrease depression and anxiety.

Get some sleep.

Easier said than done, but sleep deprivation is detrimental to a person's thinking, and their physical and emotional state. Most young people need eight to nine hours of restful sleep to function at their best.

Creative expression.

Choose a creative outlet to convey your thoughts and feelings. This could be journaling, writing poetry, painting or drawing, doing photography, dancing, or playing music.

Meet and communicate with friends.

Group connections are so important for fostering resilience and releasing chemicals in the brain that support well-being. And the activities don't have to be just talking. Things like doing art projects together, playing with slime, or gaming all work. And despite the pressure to have huge numbers of "friends" or "followers," it only takes a few special friends to make a big difference in your life.

Appreciate nature.

There is something to our relationship with the outdoors that makes us feel good, if we can allow ourselves a few minutes not to rush or be disturbed by our ring tones.

Turn off smart phones (at least for part of the day).

You can take a break, even for just part of the day. There may be some withdrawal or anxiety about not being right there for what you think is critical, but just stop and think. How many texts, Instagram stories or other digital communications do you need to see *immediately*? Very few! Once you try it, you may actually find it refreshing to have a break from the constant notifications.

Do something for someone else.

Our brains are wired for giving. In fact, the Joining in even small local efforts, such as in community centres or after-school programs – all foster the feeling (and reality) that you are making a positive impact on another person's life.

Remember that you can contact the TIS team at Penrice if you need help with any worries or anxieties. Email us at tis@penrice.org.uk

