

## Teacher and Staff Wellbeing Tips

MENTALLY WELL SCHOOLS

**GIVE YOURSELF PERMISSION TO...**

- REMOVE WORK EMAIL FROM YOUR PHONE
- VALIDATE YOUR FEELINGS
- TAKE LUNCH BREAKS
- SAY NO
- SLOW DOWN
- GO TO THE TOILET DURING THE WORK DAY
- ASK FOR HELP
- TAKE A MENTAL HEALTH DAY OFF

IF I FEEL YOU

NOPE

OH A BREAK

HELP!

www.mentallywellschools.co.uk

## Happier January 2023

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|--|---|---|--|
| 1 Find three things to look forward to this year.               | 2 Make time today to do something special for yourself.       | 3 Be a kind and be generous to someone who is feeling forgotten that day. | 4 Write a list of things you are grateful for and why.               | 5 Look for the good in others and notice their strengths.       | 6 Take five minutes to sit still and just breathe.                      | 7 Learn something new and share it with others.              |
| 8 Do positive things for the people you meet today.             | 9 Get moving by stretching or do a daily workout.             | 10 Thank someone who is grateful to and tell them why.                    | 11 Smile and let your face lift up for a few minutes before bedtime. | 12 Connect with someone you care - either in person or online.  | 13 Take a different route today and see what you notice.                | 14 Get healthy that means really nourish your body.          |
| 15 Get outside and notice five things that are beautiful.       | 16 Contribute positively to your local community.             | 17 Be gentle with yourself when you make mistakes.                        | 18 Get back in contact with an old friend.                           | 19 Focus on what is good even if today feels tough.             | 20 Be kind to good friends and allow yourself to recharge.              | 21 Try not something new to get out of your comfort zone.    |
| 22 Stop scrolling and notice five things that are good for you. | 23 Put away digital devices and focus on being in the moment. | 24 Take a small step towards an important goal.                           | 25 Identify the people in your life and thank them.                  | 26 Choose one of your strengths and find a way to use it today. | 27 Challenge your negative thoughts and look for the good in the world. | 28 Ask other people about things they are proud of recently. |
| 29 Buy tickets for a musical and get to know the cast.          | 30 Use five sensory points to notice all today.               | 31 Write down your hopes or dreams for the future.                        |  |   |   |  |

ACT UP FOR HAPPINESS

Happier - Kinder - Together

## HOW TO BE MORE MINDFUL

- Listen but don't interrupt
- Notice but don't react
- Feel but don't be bothered
- Breathe but don't rush
- Think but don't worry
- Do but don't hurry

OurMindfulLife.com

## Mind full vs Mindful

Learn to be present and enjoy the moment.

Happy Well-being Wednesday!

I hope, at this point of the week, you use a brief moment to pause, reflect and adjust where need be, to ensure you're looking after your mental health and well-being.

Today's focus is on mindfulness, what it is and how we can integrate it into our everyday lives.

Mindfulness is a state of being deliberately and actively present in the moment, acknowledging and accepting all your thoughts and emotions. When you are mindful, you are paying attention to what is happening, both internally and outside of yourself, in the present moment.

Your focus is on accepting your thoughts and feelings about what is occurring and how you are feeling, without judgment or shame.

Mindfulness is a form of meditation that has become a mainstream part of psychotherapy, providing stress reduction, self-control, and concentration improvement. Some of the benefits of practicing mindfulness include: - Stress relief - Improved self-esteem - Lowered blood pressure - Improvement in sleep quality - Help with substance abuse issues - Decreased symptoms of depression - An improvement in psychological and general well-being.

If you fancy having a look, there's a useful resource on TED Talks: All it takes is 10 mindful minutes

<https://lnkd.in/gupac3u>

So, when was the last time you did absolutely nothing for 10 whole minutes?

Not texting, talking, emailing, analysing, planning or even thinking, and seeing the transformative difference of doing just that.

Sometimes we just need to stop and listen to the silence, because it often has so much to say.

We all need a break, and just like batteries, we need to recharge, or we run out of energy. Remember, if nothing changes, nothing changes.

I've attached some visuals about mindfulness along with the latest Action For Happiness January calendar, which has some great tips to promote positive steps towards a more mindful mindset.

# HOW TO INTEGRATE MINDFULNESS INTO YOUR LIFE



#wellbeingweds #mindfulness #bepresent #mentalhealthmatters #listentothsilence  
#takeabreak #dayatatime

Best wishes,

**Jude Henson**

Advocate / DDSL