

WELL-BEING WEDNESDAY!

#screenfree

				
<p>Paying attention to the present moment can improve your mental wellbeing by changing the way you feel & how you approach things.</p> <ul style="list-style-type: none"> • Be curious, be aware of your feelings, notice the beautiful, reflect. • Find ways to be calm and mindful. 	<p>Connecting with people is important because:</p> <ul style="list-style-type: none"> • It helps us build a sense of belonging or worth. • Builds emotional support. • Allows us to share experiences. 	<p>Research shows learning new skills can improve your well-being by:</p> <ul style="list-style-type: none"> • Boosting confidence & self-esteem. • Setting challenges you can achieve by being creative & fun. • Helping build a sense of purpose. 	<p>Being active is great for your health and improves well being by:</p> <ul style="list-style-type: none"> • Causing chemical changes in your brain which positively alter your mood. • Raise self esteem and set ourselves challenges. 	<p>Research suggests acts of kindness improve your mental health by:</p> <ul style="list-style-type: none"> • Creating positive feelings and a sense of reward. • Helping you connect with people. • Giving you a feeling of purpose and self worth.
<p>Spring is approaching. Take a walk on a route that you usually go on. Take notice of any changes to the natural environment. Is there anything to suggest that winter is coming to an end? (1hr)</p>	<p>Call a family member or friend you have not spoken to for a while. Catch up, share your lockdown experiences. You could contact a grandparent, Aunt, Uncle, elderly relative, an old friend.</p>		<p>Do some exercise that really gets your heart beating. Find your pulse, monitor it as it slows right down.</p>	<p>Help your parents/carers with the tidying the house, wash up, clean a car, or help a sibling with their homework.</p>
<p>Write a letter/poem/rap to your future self about your experiences of lockdown.</p>	<p>Create an image to look back on that reflects your time in lockdown. It might be nice for you to keep this to look back on in years to come</p>		<p>See how many keep-ups you can do with a football, play a game of curby with a sibling, hit a ball against a wall with a tennis racket.</p>	<p>Write a prayer or message of support to share with your tutor group when we return.</p>