

Newton House Assembly

Five Ways to Wellbeing



Dictionary

Search for a word



well-being

/wɛlbiːɪŋ/

noun

noun: **wellbeing**

the state of being comfortable, healthy, or happy.
"an improvement in the patient's well-being"

Similar:

welfare

health

good health

happiness

comfort

security



Translations, word origin and more definitions

From Oxford

Feedback

A landscape photograph showing a single tree with autumn-colored foliage on a grassy bank. The tree and the sky are reflected in a calm body of water. The text 'Reflections' is overlaid in a light blue, sans-serif font, with its reflection 'REFLECTIONS' appearing below it in a darker teal color. The background shows a clear blue sky and a dark horizon line.

Reflections
REFLECTIONS

Coronavirus: The impact of shielding on mental health and wellbeing

News from BACP

19 June 2020

Our member Kathryn Kinmond shares her thoughts after a survey found a third of people shielding said their mental health got worse

us: More worried about stress and anxiety than general

f    Share

While headlines have focussed on shops reopening and children returning to classrooms – there are still 2.2 million people in the UK who are shielding.

At the start of the coronavirus outbreak in the UK, people who were classed as clinically extremely vulnerable due to underlying health conditions were urged to shield at home away from other people.

Three months on, a poll by the Office for National Statistics has now found that **35 per cent of those shielding** said their mental health had got worse during the coronavirus pandemic.

Take a moment to quietly reflect on the past few weeks and months and the impact this has had on you and your families mental and physical health and wellbeing.



Reflections:

Chance to reflect on the Wellbeing action plan task from the first day back, what did you put down in yours? How have you been managing to stick to it? Are there any changes or additions you would like to make?

5 Ways to Wellbeing	What I already do?	What could I do?
Connect		
Be Active		
Keep Learning		
Give		
Take Notice		

Now more than ever the 5 ways to wellbeing are a really important support to help us maintain positive mental health. This short video briefly outlines what these are.



Five Ways to Wellbeing



- With this in mind, try to do something different today and make a connection.
- Talk to someone instead of sending an email or text.
- Speak to someone new.
- Ask how someone's weekend was and really listen when they tell you.
- Put five minutes aside to find out how someone really is.
- Share a journey with someone else.



Connect with nature and with people around you. Investing time developing your most important relationships and connecting with the beautiful world that surrounds you will support and enrich you every day.



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into school - perhaps with a friend – so you can ‘connect’ as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to school
- Get involved in a sporting activity
- Have a kick-about in a local park
- Do some ‘easy exercise’, like stretching, before you leave for school in the morning
- ‘Walk to talk’ to someone instead of calling or emailing.

A weekend walk or a quick lunch-break in the park are perfect ways to de-stress your mind. Physical exercise will help you feel more energetic throughout the day and feel more positive about your life.

- Get a plant for your room
- Have a 'clear the clutter' day
- Take notice of how your friends are feeling or acting
- Take a different route on your journey to or from school
- Visit somewhere new in your free time.



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

Try enjoying the moment and savour all the little details of it. Being aware of the world around you and of your experiences will help you appreciate your feelings and what really matters to you. Extra tip - practise gratitude!



- Find out something about your classmates
- Join a new club at lunch time or after school
- Read the news or a book
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.



Dare yourself and try something new today. Learning new things and setting a challenge that you will enjoy achieving will make you more confident as well as being fun!



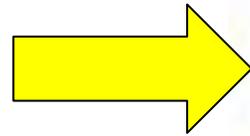


**Your time,
your words,
your presence**

- Participation in social and community life has attracted a lot of attention in the field of wellbeing research.
- Individuals who report a greater interest in helping others are more likely to rate themselves as happy.
- Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Time is one of the most important things that we have and investing it into the wider community can be incredibly rewarding.

Look out for
the poster in
your form
room!



Constantly
remind
yourself about
the
importance of
wellbeing.

Every Mind Matters



Home

Better
Health every mind
matters

[For Your Mind](#) | [For Your Body](#) | [Apps](#) | [About](#)

[Your Mind Plan quiz](#) | [Anxiety](#) | [Low mood](#) | [Stress](#) | [Sleep](#) | [Urgent support](#) | [Helping others](#) | [Possible causes](#)

Every Mind Matters

NHS

Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.



Five Ways to Wellbeing

Take time now with your form tutor to identify ways you plan on improving your wellbeing. Have these ideas written up on the white board then get your form tutor to take a photo and share with Heads of House.

In addition to ‘Wellbeing Wednesday’ you will already be aware that in order to support our wellbeing and help you to reconnect with your peers, tutorial sessions on a Tuesday and Thursday will involve fun and competitive activities.



THURSDAY



In order to help you reconnect with your peers, tutorial sessions on a Tuesday and Thursday will include fun and competitive activities. (First half term)



DATE: 10TH SEPTEMBER 2020

TUTOR NOTICES



CHALLENGE TUESDAY



look at the words below and say the COLOUR not the word.

YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLUE
BLUE RED PURPLE
YELLOW RED GREEN

DATE: 20TH OCTOBER 2020

TUTOR NOTICES

WHAT WE WANT FROM YOU THIS YEAR.

- TO BE A GOOD PERSON
- DEVELOP INTERESTS IN DIFFERENT AREAS
- SET CLEAR GOALS FOR YOURSELF
- CHALLENGE YOURSELF
- DON'T BE AFRAID OF FAILURE
- ENJOY COMING TO SCHOOL
- WORK HARD
- BECOME INVOLVED IN THE SCHOOL COMMUNITY
- BECOME PHYSICALLY ACTIVE
- BECOME A REFLECTIVE INDIVIDUAL
- TAKE NOTICE OF WHAT'S GOING ON AROUND YOU

