

# Mental Health and Wellbeing Newsletter **October 2022**

Optimistic October to boost wellbeing

**Self-Care September 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 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'	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
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	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
19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you
26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	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 Avoid saying 'I should' and make time to do nothing

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**




## Our School Website

There is lots of information on our school website which we hope you will find useful.



HOME ABOUT US KEY INFORMATION CORONAVIRUS (COVID-19) CURRICULUM & SCHOOL LIFE PARENTS AND CARERS THE SCHOOL DAY NEWS & EVENTS CONTACT US STAFF/REMOTE LOGIN

MENTAL HEALTH AND WELLBEING ONLINE SAFETY SUPPORT SEND - LOCAL OFFER SCHOOL LOTTERY RESULTS COMMUNITY

[Mental Health and Wellbeing - Two Rivers Federation \(tworiversschool.net\)](https://www.tworiversschool.net)

**\*New Resource\***



**Everyone has trouble with their mental health at some point in their lives. The Sandbox is here to support children and young people in South Staffordshire to thrive.**

Here you will find a bunch of stuff about why you might sometimes feel bad and how to feel better. You will be able to join loads of online events and share your feelings with others.

If it is the right thing for you, you can also **Sign up for an assessment for NHS funded therapy** (either one-to-one therapy or a digital course).

**On the Sandbox website you will find resources for parents:**

- Information about breathing techniques
- A parent's guide to dyslexia and mental health
- A parent's guide to ASD/ ASC and Anxiety
- Calming strategies
- Parent support guides
- A parent's guide to ADHD and Mental Health
- And more

**On the 10<sup>th</sup> of October we are shining the light on World Mental Health Day.**

**We are inviting pupils and staff to wear yellow, uniform or anything that makes them happy.**

**Pupils will be taking part in wellbeing activities.**

