

Mental Health and Wellbeing Newsletter *May 2022*

Be meaningful over the month of May to boost wellbeing

Meaningful May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

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

May - Mental Health Awareness Week takes place between 9-15 May 2022 and the official theme is loneliness

Loneliness affects many of us at one time or another. We know that **loneliness can be both the driver for and a product of poor mental health.**

Our society is changing fast. The pandemic has given rise to a sense of loneliness and isolation undermining confidence in daily routines. In recent times, many of us have had far less access to loved ones.

Our workplaces are also changing. With many adapting to home and hybrid working, we need to embrace this change while building and maintaining meaningful connections with our colleagues.

Click here some [Tips to manage loneliness - Mind](#) they include try to make connections, talking therapies, looking after yourself, taking is slow, being careful when comparing yourself with others, etc.



Suicide

Zero Suicide Alliance – Suicide Awareness Training This **20-minute suicide awareness training** will help you gain the skills and confidence to help someone who may be considering suicide. Anyone can learn to have a potentially life-saving conversation. Visit:

<https://www.zerosuicidealliance.com/suicide-awareness-training>

Cost-of-living crisis and mental health

As energy prices soar, families may be struggling to heat their homes whilst also managing other pressures on finances, including sharp increases in rent, fuel costs, grocery prices and hikes on things like water bills, mobile phone and broadband prices.

Many people are asking the very real question of how they are going to get through the months ahead, and during these unsettling times families and young people will feel the stress and strain of household budgets being squeezed.

There are deep links between mental health and financial difficulty, and the mental health implications of the cost-of-living crisis are set to be huge. Many people may already be experiencing stress and fear about money. This can lead to lack of sleep and food insecurity or poor diet, and can impact self-care, wellbeing, stress, anxiety and act as a trigger to addiction. Stress around finances can impact on friendships, children's educational attainment, work, family and feelings of isolation. Financial insecurity can also lead to debt, and debt issues can trigger anxiety and depression and lead to worsening of mental health.

We have collated some resources that may be useful for you and any families you are in contact with:

Staffordshire County Council has a free online 'entitled to' calculator that enables people to find out what benefits they may be entitled to. It takes about 10 minutes to complete and is anonymous: <https://www.staffordshire.gov.uk/Business/Workplace-health/Entitled-To-Benefit-calculator.aspx>

Citizen's Advice have advice if you are living on a low income or struggling with living costs: <https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/>

Money Saving Expert blog 'heating the human not the home' gives advice on the most cost-effective ways to keep warm if you can't afford to put the heating on:

<https://www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy/>

Contact have a short article with advice for families of children with disabilities on coping with the cost of living crisis: <https://contact.org.uk/about-contact/news-and-views/cost-of-living-crisis-6-things-all-families-with-disabled-children-can-do-now/>

If you would like support or are finding things difficult, please contact us at school.

Further information, support and signposting is available on our website
[Mental Health and Wellbeing - Two Rivers Federation \(tworiversschool.net\)](http://Mental Health and Wellbeing - Two Rivers Federation (tworiversschool.net))