

Mental Health and Wellbeing Newsletter March 2022 – Staff

Be mindful over the month of March to boost wellbeing

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

ACTION FOR HAPPINESS

Happier · Kinder · Together

What is Mental Health and Wellbeing?

Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change and fluctuate on a daily basis and over time, and can be affected by a range of factors. Just as it's important to look after your physical health, the same is true for your mental health. Your state of wellbeing affects how you cope with stress, relate to others, make choices, and play a part in your family, community, workplace, and among your friends.

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

stressful day TO-DO LIST



Awareness Update A-Z – Abuse



Abuse is any action taken by another person that causes harm or distress. This can be physical or mental.

Do you need support?



Visit Mind website

[Guide to support options for abuse - Mind](#)

Mind have signposting support for:

Men

Women

Victim support – who have been affected by crime or traumatic events

Children

Young people

Old people

Those with additional learning needs

Those who have support domestic abuse or violence

BAME communities

Forced marriage and honor-based violence

LGBTIQ+ people

Further information, support and signposting is available on our website

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