



# Darell Primary School

## Wellbeing Newsletter May 2023



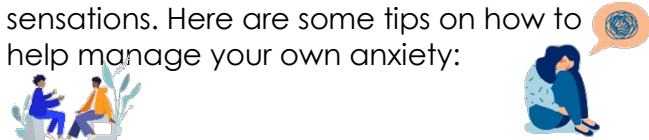
### Mental health awareness week: 15<sup>th</sup> – 21<sup>st</sup> May

Mental health awareness week aims to provide education around mental health issues and to help promote better mental health. This year's theme for mental health week is 'anxiety'. Please follow the link to the Mental Health Foundation website for more information. <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>



### Tips to help with anxiety:

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations. Here are some tips on how to help manage your own anxiety:



- **Talk to someone you trust** - Talking to someone you trust about what's making you anxious could be a relief. It may be that just having someone listen to you and show they care can help in itself.
- **Try to manage your worries** - Anxiety can make it really hard to stop worrying. It can be helpful to try different ways of addressing these worries, such as: setting aside a specific time to focus on your worries or writing down your worries and keep them in a particular place.
- **Look after your physical health** – Try to get enough sleep, eat regularly and healthily to improve your mood and energy levels and try to do some physical activity.
- **Try breathing exercises** – Breathing exercises can help you cope and feel more in control.
- **Keep a diary** - It might help to make a note of what happens when you get anxious or have a panic attack. This could help you spot patterns in what triggers these experiences for you, or notice early signs that they are beginning to happen.
- **Try peer support** - Peer support brings together people who've had similar experiences to support each other.



### Wellbeing Activity: Kindness Rocks

Kindness rocks are simply rocks that someone has decorated with an inspirational message. The point of this rock painting is to sprinkle positivity around your community. Once you create one, the idea is to leave it somewhere for another person to find and enjoy. As we all know, sometimes a simple message of love and compassion can spark joy and brighten someone's entire day. We recommend using acrylic paint for both the base coat and your design on your rock.

