



# Darell Primary School

## Wellbeing Newsletter April 2023



### April is Stress Awareness Month



Stress awareness month aims to increase public awareness about both the causes and cures of stress and what tools can be used to help manage it. See below for some easy tips on how to reduce stress.



### Tips to help reduce stress:

- **Get active** – any form of physical activity can act as a stress reliever. 
- **Eat a healthy diet** – eating a healthy diet is an important part of taking care of yourself.
- **Avoid unhealthy habits** – These habits used to help deal with stress can harm your health.
- **Meditate** - meditation can instil a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. 
- **Laugh more** - when you laugh, it not only lightens your mental load but also causes positive physical changes in your body.
- **Connect with others** - when you're stressed and irritable, your instinct may be to isolate yourself. Instead, reach out to family and friends and make social connections. 
- **Try Yoga** - With its series of postures and controlled-breathing exercises, yoga is a popular stress reliever. It can help you relax and manage stress and anxiety.
- **Get enough sleep** - Stress can cause you to have trouble falling asleep, make sure that you have a quiet, relaxing bedtime routine to help you get enough sleep.
- **Keep a journal** - Writing down your thoughts and feelings can be a good release for otherwise pent-up emotions. 
- **Get musical and be creative** - Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. 



### 3 THINGS TO NOTICE DAILY

1. What **ENERGIZES** you
2. What you're **GRATEFUL** for
3. What's **NOT WORKING** & why

### Wellbeing Activity: Gratitude Jar

A gratitude jar is an activity where you write down things you are grateful for on pieces of paper and put them in a jar. Once the jar is full you can empty it and share with friends or family all of the things you have written. This activity aims to remind you of what you are grateful for and allows you to remember the positive things in your life. You will need a Jar, some arts and crafts to decorate the jar and some paper strips to write on.



Active April 2023	MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY							SUNDAY						
	1. Listen to your body and be grateful for what it can do	2. Eat healthy and natural food today and drink lots of water	3. Turn a regular activity into a playful game today	4. Do a body-scan meditation and really notice how your body feels	5. Get natural light early in the day. Dim the lights in the evening	6. Give your body a boost by laughing or making someone laugh	7. Turn your housework or chores into a fun form of exercise	8. Have a day with less screen time and more movement	9. Set yourself an exercise goal or sign up to an activity challenge	10. Move as much as possible, even if you're stuck inside	11. Make sleep a priority and go to bed in good time	12. Relax your body & mind with yoga, tai chi or meditation	13. Get active by singing today (even if you think you can't sing!)	14. Go exploring around your local area and notice new things	15. Be active outside. Dig up weeds or plant some seeds	16. Try a new online exercise, activity or dance class	17. Spend less time sitting today. Get up and move more often	18. Focus on eating a rainbow of multi-coloured vegetables today	19. Regularly pause to stretch and breathe during the day	20. Enjoy moving to your favourite music. Really go for it	21. Go out and do an errand for a loved one or neighbour	22. Get active in nature. Feed the birds or go wildlife spotting	23. Have a 'no screens' night and take time to recharge yourself	24. Take an extra break in your day and walk outside for 15 minutes	25. Find a fun exercise to do while waiting for the kettle to boil	26. Meet a friend outside for a walk and a chat	27. Become an activist for a cause you really believe in	28. Make time to run, swim, dance, cycle or stretch today																					