



Darell Primary School

Wellbeing Newsletter June 2023



Men's Health Week: 12th – 18th June



2023 INTERNATIONAL
MEN'S HEALTH WEEK
#menshealthweek

Men's health week is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become aware of problems they may have or could develop, and gain the courage to do something about it. Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing.

Staying on track with your goals:

You might be surprised to learn that summer can be a tough time to stay on track with wellbeing goals. For some, it may feel too muggy to keep up a running routine; for others, a family vacation can disrupt a daily meditation practice. New Year's resolutions that seemed so urgent in January may feel like a distant memory. It's okay if you get off track when the summer months hit: this halfway point in the year is the perfect time to reassess your goals and find balance again. Here are some ways to keep on track with your goals:



- **List each of your goals** - List each of your goals and order them by importance to help you effectively prioritize them.
- **Create smaller tasks to help hit each goal** - Breaking down each goal into smaller tasks makes them feel easier to reach. You may also feel like you're efficiently progressing toward each goal as you successfully complete each smaller item.
- **Establish a reward system for yourself** - A great way to motivate yourself to stay on track with your goals is to build a reward system.
- **Build a schedule to follow** - To help you stay accountable for hitting each goal, outline your key milestones and deadlines in a schedule.
- **Form an accountability group** - It can be challenging to hold yourself accountable for hitting your own goals, which is why it's a great idea to tell others about them. When other people are more aware of your goals, you'll feel more motivated to prove to yourself and to the other people that you can hit them.

Wellbeing Activity: Coping toolbox

A coping toolbox is a box which contains a collection of skills, techniques, items and other suggestions that you can turn to as soon as you start to feel anxious or distressed. You should fill your toolbox with things which remind you of a good time or that make you feel better. Examples of things you can put in your toolbox: Arts and crafts, bubbles, notepad and pen, cuddly toy, a list of activities you can do, photos that make you happy, a list of techniques to help you etc. If you do not have a container to put these items in you can find a special place to put them or draw/write a list of these things.

