



Darell Primary School

Wellbeing Newsletter October 2023



Tuesday 10th October is world mental health day




The theme for 2023 is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.



Mental Health Tips for October:

October is a time to assess our own mental health and to look at ways to help improve it. We want to *thrive*, to enjoy life, have strong relationships, a purpose, and be able to manage our emotional highs and lows. Also, by learning how to help ourselves, we can better help others too! Here are some top tips on how to do this:



- **Check in and be honest with yourself** - In times when you can feel yourself having intense emotions, take a few minutes to check-in with yourself and try to understand where these feelings come from. 
- **Establish a routine** - Our everyday lives can be unpredictable and anxiety-provoking. That's why having a routine is extremely helpful, it anchors you, and steadies your mind and thoughts.
- **Be thankful** - Gratitude has been shown to improve your mood and wellbeing, helping you move past the feelings of frustration and resentment that can arise in a competitive world. 
- **Acknowledge and celebrate the wins** - Take the time to celebrate the wins in your life, regardless of how large or small they are. It's validating, and can keep you feeling motivated and uplifted on a day-to-day basis.
- **Journal** - Journaling can be one way that you check-in with yourself on a regular basis and is a useful tool for reflection.
- **Get social** - connecting with friends can reduce stress and give us a sense of purpose and belonging. 
- **Develop Resilience** - Resilience is what helps you bounce back from a setback or challenge. It gives you the inner strength and ability to adapt to different situations.

Wellbeing Activity: Reflect on your day

Often underrated as a means for improving our mental health and relieving stress is the act of writing down our thoughts and reflecting on them. Activities like journaling or even creative writing can be incredibly therapeutic. This activity is one where you write down and reflect on your day by either using daily reflection sheets or by writing down your thoughts in a journal. This helps you break down what went well during your day and what areas you need to work on to be successful.

Name: _____ Date: _____

Daily REFLECTION

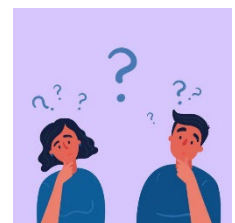
Today is: _____

How I feel about today: _____

My act of kindness: _____ Reason for my rating: _____

Something new I learned today: _____

Strive for
progress
not
perfection



Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month.	2 Find something to be optimistic about (even if it's a difficult time).	3 Take a small step towards a goal that really matters to you.	4 Start your day with the most important thing on your to-do list.	5 Be a realistic optimist. See life as it is, but focus on what's good.	6 Remind yourself that things can change for the better.	7 Look for the good in people around you today.
8 Make some progress on a project or task you have been avoiding.	9 Share an important goal with someone you trust.	10 Take time to reflect on what you have accomplished recently.	11 Avoid blaming yourself or others. Find a helpful way forward.	12 Look out for positive news and reasons to be cheerful today.	13 Ask for help to overcome an obstacle you are facing.	14 Do something constructive to improve a difficult situation.
15 Thank yourself for achieving the things you often take for granted.	16 Put down your to-do list and do something fun or uplifting.	17 Take a small step towards a positive change you want to see in society.	18 Set helpful but realistic goals for the days ahead.	19 Identify one of your positive qualities that will be helpful in the future.	20 Find joy in tackling a task you've put off for some time.	21 Let go of the expectations of others and focus on what matters to you.
22 Share a hopeful quote, picture or video with a friend or colleague.	23 Recognise that you have a choice about what to prioritise.	24 Write down three specific things that have gone well recently.	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face.	27 Be kind to yourself today. Remember, progress takes time.	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to.	30 Identify three things that give you hope for the future.	31 Set a goal that brings a sense of purpose for the coming month.				

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