



Darell Primary School



Wellbeing Newsletter September 2023

Autumn and Winter Wellbeing Tips:

As it starts to get colder we need to adapt to the seasons as it is crucial for our health and wellbeing, both physically and mentally. You want you to feel energised throughout the day and avoid getting sick this winter! Here are some top tips on how to do this:



- Boost your immune system –** Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system working properly. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as eating healthy and getting enough sleep.
- Take some time to yourself** - Autumn and winter are a good time to slow down and spend some time on yourself. If you would like, you can start a journal or track your moods to get more in touch with how you're feeling. Take this time to nurture yourself.
- Stay active** – Even though it has started to get colder, it is still important to keep up with and maintain any exercise routines, as this contributes to a healthy mind and body.
- Do some 'Spring cleaning' in the Autumn** – Now is a good time to clean out your closet, organize that spare room, and rid yourself of things you do not need.
- Keep a schedule** - When we hit those cold months, it can seem to drag on and push us into isolation. Attempt to stay on track by scheduling time in your day to do things you like to do. So, book treats for yourself as it's good to have a goal in the diary to look forward to.
- Listen to your body** - Listen to your body and give it what it needs, and do not beat yourself up! Try reframing negative thoughts into positive ones.



Wellbeing Activity: A Self Sooth Box

A self sooth box is there to help comfort a child and can be brought out in a time of need or or when they might need a moment to calm down and relax. All you need is a box or container and then a range of sensory things to put inside the box to help focus their minds.

These could be:

Something to touch (something soft, cuddly, with a comforting texture)

Something to look at (photos of special people/things/pets)

Something that the child likes to smell

Something to hear (a wind-up toy or something with a comforting sound)



Self-Care September 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1. Plan a fun or relaxing activity and make time for it	2. Forgive yourself when things go wrong. Everyone makes mistakes	3. Focus on the basics: eat well, exercise and go to bed on time	4. Give yourself permission to say 'no'	5. Be willing to share how you feel and ask for help when needed	6. Notice the things you do well, however small	7. Let go of self-criticism and speak to yourself kindly
	8. Make time to do something you really enjoy	9. Get active outside and give your mind and body a natural boost	10. Be as kind to yourself as you would to a loved one	11. If you're busy, allow yourself to pause and take a break	12. Find a caring, calming phrase to use when you feel low	13. Aim to be good enough, rather than perfect	14. When you find things hard, remember it's ok not to be ok
	15. Ask a trusted friend to tell you what strengths they see in you	16. Notice what you are feeling, without any judgement	17. Enjoy photos from a time with happy memories	18. Don't compare how you feel inside to how others appear outside	19. Take your time. Make space to just breathe and be still	20. Leave positive messages for yourself to see regularly	21. No phone day. Make time to slow down and be kind to yourself
	22. Avoid saying 'I should' and make time to do nothing	23. Find a new way to use one of your strengths or talents	24. Free up time by cancelling any unnecessary plans	25. Choose to see your mistakes as steps to help you learn	26. Write down three things you appreciate about yourself	27. Let go of other people's expectations of you	28. Accept yourself and remember that you are worthy of love
	29. Find a new way to use one of your strengths or talents	30. Free up time by cancelling any unnecessary plans	31. Choose to see your mistakes as steps to help you learn	32. Write down three things you appreciate about yourself	33. Remind yourself that you are enough just as you are	34. Let go of self-criticism and speak to yourself kindly	35. When you find things hard, remember it's ok not to be ok

ACTION FOR HAPPINESS

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