



Wellbeing Newsletter

Issue 1 Autumn 2021

Welcome to our first Wellbeing newsletter. At Greenfields we know that emotional wellbeing is vital for improving our ability to learn, enjoy life and build relationships. This newsletter aims to provide students, staff and parents with ideas and tips for increasing their sense of emotional wellbeing. This first newsletter has a focus on new beginnings and the anxiety that can come with trying something for the first time.

Wellbeing can mean different things to different people. It might mean feeling happy and content or knowing that you can make a difference to your own life and have a sense of purpose. Getting to know what increases our own sense of wellbeing is important.



1 in 4 people will experience a mental health problem of some kind each year in England. The good news is there are lots of things we can do to improve our own mental health, and professional support is available too. In school we have lots of people you can talk to if you feel you need support, including two mental health professionals - Rachel and Mr Wheeler.

Anxiety (or worry) is something we all feel from time to time. It is our brain's way of warning us that something may be wrong and keeping us safe. But sometimes our brains get a little too good at this and we start to feel anxious a lot of the time. When we start a new school or class, meet new people or try something for the first time, we can feel anxious. Here are some top tips to help you manage anxiety:



- Deep breaths - It sounds simple, and it is! When we are anxious, our breathing often changes and our heart might start to race. Deep breathing sends signals to our brain that we are safe and helps us to feel calmer and think more clearly. See the 'Relax' section for more on this.
- Question your thoughts - Our minds can play tricks on us when we are anxious, and we can start to think the worst about situations. Ask yourself, is this a fact or an opinion? If it's an opinion you may be worrying about nothing.
- Talk to someone - They say a problem shared is a problem halved. Sometimes just voicing your worry out loud can make it shrink - try it!
- Don't avoid what makes you anxious - It can be tempting to stay away from situations or things that makes you feel anxious, but over time this will only make things worse. Each time you face a fear the anxiety reduces, and the situation becomes easier.
- Accept that anxiety is a normal part of life - No emotions are bad, although some are uncomfortable. It is impossible to go through life without uncomfortable feelings from time to time. Know that feelings are always changing, and nothing lasts forever.

It's Good To 'Talk'

Each issue of the newsletter will feature an interview with a member of our school community. This time we hear from Miss Dawson, our new humanities teacher.

How do you feel about starting your new job at Greenfields?

I feel excited for the new challenge and slightly nervous.

What's the scariest thing you have ever done?

I took a flight on my own to America.

What do you do to relax and take care of your mental health?

I tend to exercise, whether this be at the gym or going for a walk or run.



Remember the deep breathing advice?

Try this 5 finger breathing exercise when you feel a little worried or anxious. Slowly use the finger of one hand to trace the fingers of the other hand, breathing in as you go up each finger, and out as you go down. Remember to keep it slow.



Here are some websites which you may find useful.

<https://www.heysigmund.com>
<https://www.anxietyuk.org.uk>



This book by Karen Young is great for helping children understand anxiety and their brains.



World Mental Health Day 10th October

National Stress Awareness Day 4th November

Anti-Bullying Week 15th-19th November

Step outside your comfort zone! Try something new this month. Maybe a new hobby or skill or something you have been putting off doing. We'd love to see pictures of the children and young people trying new things. Email them to Rachel.hill@greenfields-cit.co.uk for the chance to earn house points.

CHALLENGE
yourself



Worry never robs tomorrow of its sorrow. It only saps today of its joy.
Leo Buscaglia