



Wellbeing Newsletter

Issue 5 February 2023

The latest issue of our school wellbeing newsletter focuses on the theme of 'Connection' to fit with children's mental health week, February 6th-12th, which also has this theme. Relationships are one of the most important aspects of our lives. People who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected (Mental Health Foundation 2022). Whether we connect in person, online, on the phone, in groups or 1:1, each connection boosts our mental wellbeing.



Here are 4 ways to connect with others and give your wellbeing a boost:

- 1: Heart-to-hearts** This is often the first thing people think about when you mention human connection. One person opens up about something - often something meaningful, emotive and personal to them. The other person listens and responds with empathy and understanding. This sort of conversation requires trust, which can be difficult. But with practise it does become easier.
- 2: Giving and receiving help** Did you know that it makes us feel good to help other people not just to receive help? Helping can come in the form of a practical task, giving advice or just a much-needed hug. But it's always best to check that the help you are offering is wanted.
- 3: Positive vibes** Having fun with others encourages a sense of connection and boosts our wellbeing. There are so many things we can enjoy together - singing, dancing, sport or hanging out online together playing a video game. Positive shared experiences and fun release endorphins (feel-good hormones) that make you feel happier.
- 4: Affirming (kind) words** Telling someone you love them, you appreciate them or paying them a compliment helps you both to feel connected and improves wellbeing. If you can't tell someone in person, maybe send a text or even a card.



Human connection leads to a longer life span. When we are socially connected, we tend to be less lonely and isolated. This can add years to our life (Counselwise 2022).





Can you find out the answers to these connection-related questions?

- In what year was the telephone invented?
A) 1976 b) 1876 c) 1776
- How much does a first class stamp cost?
A) 95p b) 76p c) 38p
- What is the minimum age you can use most social media platforms?
A) 16 b) 7 c) 13
- True or false? The majority of people lead with their right arm when going for a hug.
- True or false? Cuddling can relieve pain.



With a hug! When people hug for 20 seconds or more, the feel-good hormone oxytocin is released which creates a stronger bond and connection between the huggers. Oxytocin has been shown to boost the immune system and reduce stress. Always make sure you ask permission before hugging someone!



Here are some resources for families to use during children's mental health week and beyond. Let us know if you try any of the ideas.
<https://www.childrensmentalhealthweek.org.uk/families/>

Try a new way of connecting with others this month. Join a sports team or club, write a letter to someone, make an effort to smile at everyone you meet. Notice how it changes how you feel.

CHALLENGE
yourself



Time to Talk day **2nd February**
Children's mental health week **6th-12th February**
Eating disorders awareness week **24th February-2nd March**

No man is an island, entire of itself; every man is a piece of the continent, a part of the main.
John Donne