

Newsletter

Mental Health Awareness



Website

Check out our new page on our Website which is dedicated to wellbeing and Mental Health Awareness.

See the web address below for more details:

<http://www.holgateprimary.org/curriculum/wellbeing>

Holgate parents and carers...

Are you feeling....

Under pressure?

Lonely?

Annoyed?

Unhappy?

Confused?

Anxious?

Overwhelmed?

Do you need someone to talk to?

Our Mental Health First Aiders are here for you.

We are offering slots out for you to have the opportunity to speak to one of our Mental Health First Aiders

Email your child's class email to book a slot...

Sarah Hicklin: Tuesdays from 2-2.30pm

Jon-Paul Collins: Thursdays from 2- 2.30pm

Talking to someone could be the first step to feeling better.

We are not Healthcare professionals but we are trained to listen and guide you to appropriate support, if you need that...





ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together

*Taking Care
of Yourself
is Part of
Taking Care
of Your Kids*

What Can I Do When I'm Feeling Worried?

We all feel worried at times. It's not a nice feeling and usually happens when we're thinking about something that might happen in the future. One of the best ways to overcome worries is to share them with someone you love and trust.

Imagine floating on a calm, blue sea with the sun shining on my face.



Spend time with somebody I love.



Take lots of slow, deep breaths.



Find someone that I trust and share my worries with them.



Every time I'm worried, write down my worries and place them in my worry jar.



Do some colouring.



Watch a film or TV show that I really like and don't think about anything else.



Top tips to get to sleep and sleep better



Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better.



Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.



Move more, sleep better

Being active can help you sleep better. These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.



Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.