WELLBEING WEDNESDAY

Focus On: Self-Care

Wednesday, 10th February 2021

STUDENTS & STAFF TEAM CHALLENGE

HEALTH is defined as a 'state of complete ***physical***, ***mental*** and ***social well-being*** and not just the absence of disease' and is a new addition to Lightcliffe Academy's five school **'DARES'** values.

Your health should be of the utmost importance not just in school, but throughout your everyday life.

Throughout the 2-week period of
Monday 8th to Mon 22nd Feb
we are challenging students and staff to walk, run or cycle as many miles as possible and together, aiming to cover the distance between John O' Groats and Land's End.

CLICK HERE for more information about how you can get involved.

GOOD HEALTH IS PRICELESS!!!

This week our newsletter focuses on the importance or looking ourselves and taking time out everyday for some self- care.

There are many different simple self-care practices which don't take much planning, so it is not an excuse to say that we just don't have time. A lot of fun can be had too in finding those that you really enjoy and which fit in with your lifestyle and values. You will find lots more information and ideas on the following pages and we would love to hear about any self-care routines you already have.

This week sees the launch of Mr Worsnops' 'John O'Groats to Lands End Challenge'. See more information opposite. A fantastic self-care activity for everyone to get involved with. Make sure you are logging those miles!!

Also this week: **Our 6th form students have put together some new questions to try for our 'Just for Fun' quiz, along with the answers from last week!**

We hope our students and families have a restful half term break. In place of the Wellbeing Wednesday Newsletter next week, we will be sending out a Fun Family Quiz. Watch out for more information!

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SELF-CARE IDEAS

Read a book or magazine for an hour, or research something you're interested in

Have a bubble bath & put on a home-made face mask

Take a leisurely walk without a goal

Do something creative, make something, bake or draw

Watch the sun rise or set and look at the stars

Put on your favourite tunes, sing along and have a dance

Have a 20 minute workout or stretching session

Wear an outfit that makes you feel great—even if you're not going anywhere

Write a list of 10 things I am grateful for and why

There are five main categories of self-care:

SENSORY—This is all about helping to calm your mind by being in the present moment and using your senses to tune into what is around you.

EMOTIONAL—One of the best self-care tips is to make sure you fully engage with your emotions. It's healthy to feel all emotions including sadness and anger and facing then head-on will help deal with stress.

SPIRITUAL— This is about getting in touch with your values and what really matter to you.

PHYSICAL— Not only vital for the wellbeing of your body, but also for helping you let off some steam.

SOCIAL— Connecting with people is necessary for happiness and it makes us feel good and helps us understand that we are not alone.

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ACTIVITY PAGE

Focus on: Self-Care

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DAILY SELF-CARE

CHALLENGE:

Make a Wall Calendar and include a new

Self-Care Challenge

to do each day.

Look on the following pages for ideas…..

Just some of the reasons why self-care is important:

***It helps you manage anxiety and reduce stress**

***It can boost self-confidence and self-esteem**

***It can help you feel well rested and energised**

***It increases self-awareness**

***Self –care helps you perform at your best**

***It supports overall wellbeing**

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Why not connect with a friend and have a go at this weeks quiz……..

JUST FOR FUN QUIZ

Round 1: General Knowledge

Round 2: Music Quiz

Click on the emoji for last weeks answers! How many did you get right??

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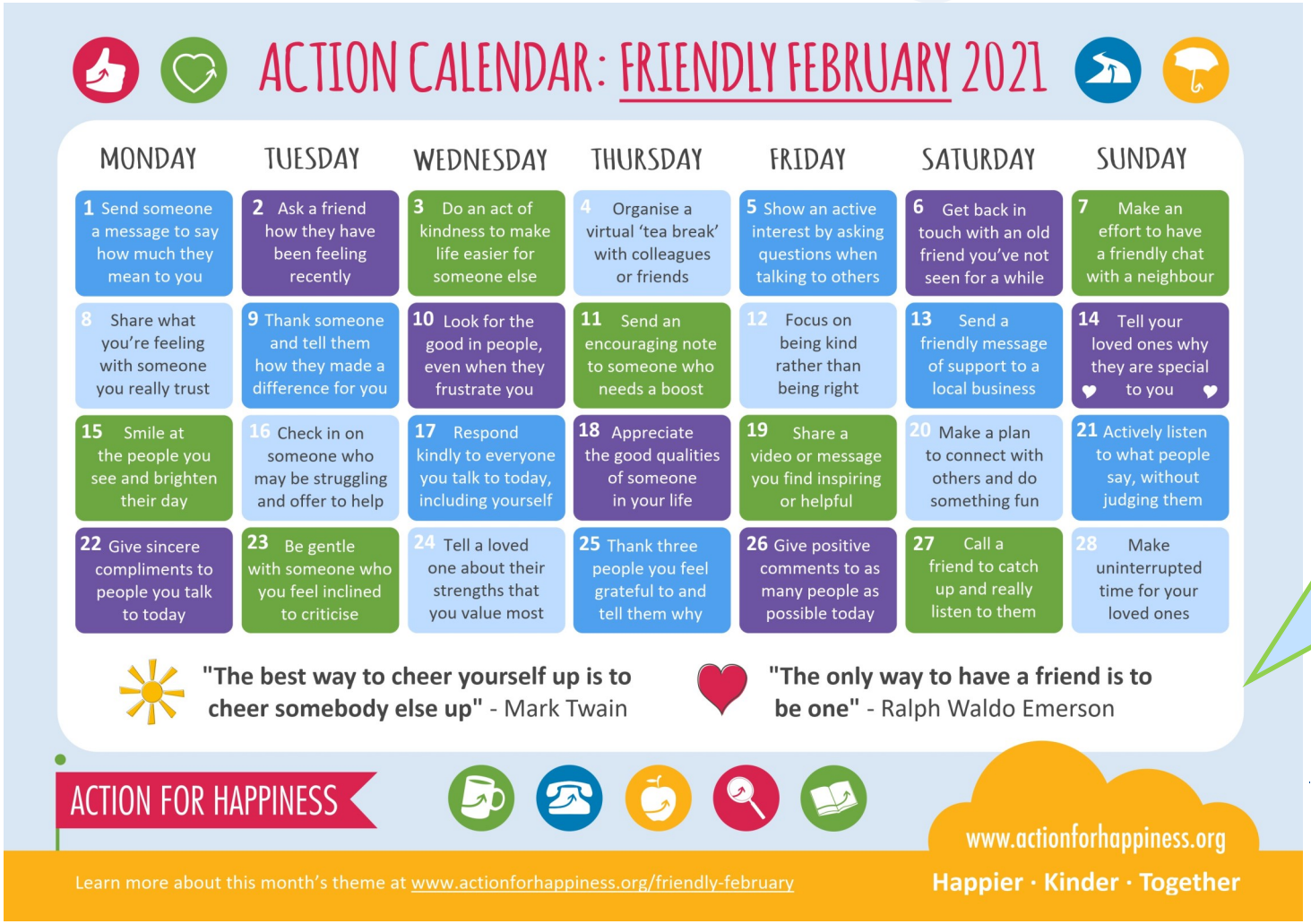

Spending quality time connecting with our friends is also a crucial part of effective self-care.

We sent a link to this Action for Happiness Friendly February Calendar last week but just in case you missed it.....

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USEFUL LINKS FOR SUPPORTING WELLBEING:

Mindful Me Health and Wellbeing have strategies for supporting children to reduce stress and anxiety. You can access seven mindfulness techniques for free on their YouTube channel: **https://www.youtube.com/channel/UCcGLjiSWqpxEZOB5r7fMJeA**

Time to change hosted their **'Time to Talk Day 2021'** last week to get the nation talking about mental health. You can catch up on the event and find out more about how the support available here: **https://www.time-to-change.org.uk/get-involved/time-talk-day**

Following the Children's Mental Health week the Tough Times Reference Group has created a short anonymous survey for 9-25year olds to spread awareness around young peoples emotions and shape the services available in Calderdale. Please click here to complete: https://system.youcansay.co.uk/start/?pin=JMS&token=tQqYRA

CLICK HERE to access the directory of local services and useful websites for information and support.

Wellbeing and Self-Care activities and links

10 Keys for Happier Living:
https://www.actionforhappiness.org/10-keys-to-happier-living

80+ Self Care Activities for Teens:

80+ Self-Care Activities for Teens - Kiddie Matters

https://www.webekids.net/

Self-Care Tips:

Young people's self-care tips for self-isolation (youngminds.org.uk)

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