

Mental Health and Wellbeing News

Autumn Term 2022

What is mental health?

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change on a daily basis and over time, and can be affected by a range of factors

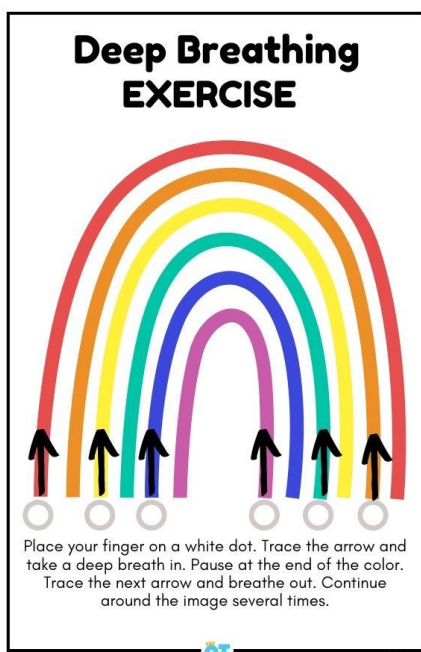


Five Ways to Wellbeing

Building small actions into your daily life can make you feel good and feeling good is an important part of being healthy. There are 5 ways to wellbeing that are proven to make a real difference to you.



Our Wellbeing Ambassadors



Our Wellbeing Ambassadors for this term are Rory B, Ava B, Aurora C-K, Lucy H, Millie R, Rosie M, William H, Charley H, Evie-Rose White, Barnaby J and Abbie J.

Their task this term is to reintroduce our '100 Acts of Kindness' board. They will be looking out for anyone who displays acts of kindness, without being asked, and adding their names to our display. They will also be thinking about ways that we can help people who are feeling sad at home or at school. The Wellbeing Ambassadors are great at sharing breathing exercises that might help you when you feel yourself becoming overwhelmed. They would love to share how to do finger breathing or rainbow breathing.

Wellbeing Club

Anyone can come to our Wellbeing Club on a Thursday lunchtime in the Year 2 classroom. KS2 is at 12.00pm and KS1 is at 12.30pm.

You can come to play calm games, read a book, do some mindfulness colouring or Hama Beads. Sometimes you may just want someone to talk to. Mrs Pennell and Mrs Nickson are always there and ready to listen.



Where to go for help

Speak to your family.

Speak to any member of staff. We are all here to listen and support you. If we feel that you need further support we can refer to other agencies who can help.

There are many websites that can offer advice.

Who are we?

Healthy Minds Lincolnshire provide emotional wellbeing support for children and young people up to 19 years old. If you have a special educational need or disability or are a care leaver we can see you up to the age of 25.

Everyone at some point might find it hard to cope with how they are feeling or what is happening in their life. HML provides early support when you start to feel that life is getting out of control and you need some help to cope.

Our teams are made up of a variety of professionals. All staff are referred to as HML Practitioners and have a nursing, social work, counsellor, teaching, or mental health background.



Improving children's mental health

Wellbeing Bingo

#HelloYellow

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

<p>Sung in the shower</p> 	<p>Played with a furry friend</p> 	<p>Had a good sleep</p> 	<p>Spent some time with my family/friends</p> 
<p>Listened to my favourite tune</p> 	<p>Read a good book</p> 	<p>Watched a great movie/TV show</p> 	<p>Eaten something delicious</p> 
<p>Done some exercise</p> 	<p>Stayed hydrated</p> 	<p>Drawn a picture</p> 	<p>Laughed until my cheeks hurt</p> 
<p>Spent some time in a park</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Visited somewhere new</p> 