



5 Ways to Wellbeing

We prioritise the mental, as well as physical, wellbeing of our students and, in partnership with our Student Focus Centre, we are encouraging everyone to practice these '5 Ways to Wellbeing'.

Reaching out to others is a key way to ensure you access the support you need. This is often as simple as talking to your friends and family members about how you are feeling. Sometimes, though, the anxiety you might be experiencing under the current circumstances might feel overwhelming. If you do feel unable to cope, please reach out to a member of staff or contact the Student Focus Centre.



Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. While there are restrictions to getting out and about, you can still go for a walk or run, step outside, cycle, play a game or dance - exercising makes you feel good!

Although school has reopened and you are busy focusing on your academic studies, remember that you also have the ability to broaden your mind in other ways. Try something new, rediscover an old interest, sign up for that course, take on a different responsibility, set learning a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.



We don't always take time to pause and reflect on the world around us, or how we are feeling. Now more than ever it is important to do so: reflecting on your experiences will help you appreciate what matters to you. Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons, savour the moment and be aware of the world around you and what you are feeling.

Seeing yourself and your happiness linked to the wider community can be incredibly rewarding: look out, as well as in! Each day, a small act like helping a sibling with their homework or making a cup of tea for a family member could make all the difference. Do something nice for a friend or a stranger, thank someone, smile, volunteer your time, join a community group. Giving something back can be incredibly rewarding and creates connections with the people around you.



Contact Us

Please feel free to email any suggestions about resources and support to:

katebretherton@newlandsgirls.co.uk

Acknowledgements

Newlands Girls' School either owns the copyright for the images used in this bulletin, and/or has obtained the necessary permissions from the copyright-holder, and/or has used images with a Pixabay License which means they are free for commercial use and no attribution is required.