|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | |  | | | |  |  | | --- | --- | | |  | | --- | | Newsletter | | | |  |  | | --- | --- | | Why not bring a little bit of the 5 ways to Wellbeing into your week?  |  | | --- | | pic |   **The 5 Ways to Wellbeing - Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.**  **Take** **Notice**  Take time to be still, reflect, and become aware of your surroundings.  Notice what you are thinking and be aware of what’s going on in the  world around you: the everyday and the unusual. Be curious. Savour your favourite foods. Yoga, Nature hunt, Cloud spotting, Bug hunting, Bird watching, Relaxation exercises, Try new foods, Try flower pressing, Relaxation skills, Star gazing, Take up photography    **Connect**  Connect with people around you - use different ways to communicate such as over the phone, letter, skype, face time etc.  Still life drawing, Collage with natural items, Role play, Acting/theatre, Put your phone away, Play board games    **Be Active**  Get up and move. Go for a walk or a run. Cycle, dance, play a game. Try a new activity. Old-fashioned playground games – hop scotch, hide and seek, skipping, tag, make bread – that kneading is hard work!,  Have a disco/ musical statues – all that dancing is good physical exercise. Can you do the conga or the Macarena?    **Keep learning**  Set yourself a goal. Learn something new. Research something you are interested in. Learn a new word or random fact. Visit a museum (lots are offering free virtual tours) or watch a documentary.  Learn about your local area/history of your school, Write a biography about a member of your family, Play a new sport, Learn to play a musical instrument – can you all play together? Have a go at a samba band? Say hello in a different language, Hand shadow puppets,    **Give**  Do something nice for a friend. Thank someone who did  something for you. Volunteer your time. Raise money for charity. Be a good role model. Take action.Send a letter to a grandparent, make someone laugh, offer to cook dinner, do household chores or make someone a cup of tea. Tell someone you are proud of them.      **You can find more information at:**  [**NHS - 5 Ways**](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)  [**Mind - 5 Ways**](https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/)  pub And finally............   Are you loosing track of the days and months since lock down? These calendars may not help you keep track but they may make you feel better .....    cal  cal1 | | | |  | | --- | |  | | | |  | | --- | | Wrexham Footer | | | |

|  |  |
| --- | --- |
| |  | | --- | |  | |