

William Harding School Wellbeing Newsletter

Summer 1
2023



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...



MENTAL HEALTH AWARENESS WEEK

Mental Health
Awareness Week
15th -21st May 2023



Sometimes it will seem obvious when someone is going through a hard time, but there is no simple way of knowing if they have a mental health concern. Some symptoms are common but no two people are the same and will react differently to situations. Talking to someone is often the first step to noticing if their behaviour or demeanour has changed. This way you can find out what is troubling you.

What can I do to get help? is a question we often get asked, here are some tips for supporting someone you feel may have a mental health concern.

- **Set aside time with no distractions.** It's important to provide a non-judgmental space with no distractions.
- **Let them share as much or as little as they want to.** Let them lead the discussion at their own pace and don't pressure them.
- **Don't try to diagnose their symptoms.** Try not to jump in too quickly with your own diagnosis or solutions
- **Keep questions open ended.** Ask 'Why don't you tell me how you're feeling?' Give them time to process the question and respond before jumping in with another question.
- **Talk about self-care.** Discuss ways to practice self-care and ask if they feel anything would be helpful. Encouraging a healthy lifestyle and a healthy sleep routine.
- **Listen carefully to what they tell you.** Repeat what they have said back to them to ensure you have understood it, this shows you have listened and understood.
- **Offer help in seeking professional advice or information.** You might want to offer to go to the GP with them or help them talk to a friend or family member, don't take control allow them to make decisions.
- **Know your limits.** It's important to take care of yourself too, give yourself time to manage and process what they have shared.

*Ways to incorporate
mental health into your
daily routine.*

*Allow time in your day to
practice self-care.*

*Spend time connecting
with family or
colleagues.*

*Incorporate relaxation
into your day.*

*Take time to observe
your feelings and
emotions.*

*Write down 3 things at
the end of each day that
you are grateful for or
you have achieved.*

*If you experience
negative thoughts, write
them down and challenge
them.*

*Eat a balanced diet and
incorporate exercise.*

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

Wellbeing

Have a look at the Action for Happiness Joyful June calendar, see how many you can tick off.

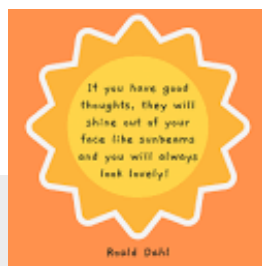
Joyful June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it
5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it
12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation
19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others
	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)	

ACTION FOR HAPPINESS Happier · Kinder · Together



We will drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk.



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