



Your wellbeing and keeping yourself mentally healthy.

What is wellbeing?

"A state of wellbeing in which every individual realises his or her own potential, can cope with the natural stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

World Health Organisation

"The strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges, and make the most of our abilities and opportunities."

Young Minds

At Ashurst we know that mental health and wellbeing is not simply the absence of mental health problems. We know building children's confidence and self-esteem in a safe environment is vital to positive mental health and successful learning outcomes.

At Ashurst we aim for all children to be able to:

- Understand their emotions and experiences
- Form and maintain friendships and relationships
- Express a range of emotions appropriately
- Develop resilience and cope with setbacks
- Manage the stresses of everyday life and be able to deal with change
- Learn and achieve

We maintain a mentally healthy environment for pupils, families and staff by:

- Promoting our School Expectations and school values, and encouraging a sense of belonging and community
- Providing opportunities to develop self-worth
- Valuing each pupil for who they are
- Celebrating academic and non-academic achievements
- Supporting our children to have their say and participate in decision-making
- Raising awareness amongst staff about early warning signs and symptoms of mental health issues
- Supporting those who are struggling with their own mental health problems.

Ways to keep yourself mentally healthy.

Learn a new skill:

Research shows that learning new skills can improve your mental wellbeing by:

- Boosting your self confidence and raising your self esteem
- Helping you develop a sense of purpose
- Helping you connect with others

At Ashurst we are always developing our existing skills and love learning new ones.

You could:

- Cook a new recipe with your family
- Learn how to paint in the style of a famous artist
- Learn a new song ... and perform it
- Learn how to sew or knit
- Make bookmarks and cards
- Learn how to do a head or hand stand

Get lots of sleep



Write a diary

Help others:

Research shows that acts of kindness and giving to others can help improve your mental wellbeing by:

- Creating positive feelings and giving you a sense of reward
- Helping you to connect with other people
- Giving you a feeling of purpose and self-worth

The act of kindness could be small, like saying thank you or volunteering to help support a charity.

At Atshurst kindness is always modelled and celebrated. We encourage thoughtfulness to each other and in the wider community.

Useful websites:

<https://www.youngminds.org.uk/>

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>



You could:

- Say thank you to someone for something they have done
- Ask family and friends how they are and really listen to their answer
- Spend time with friends and family who need your kindness and support
- Offer to help people around you- even little things mean a lot!
- Research a charity that you think do good work that you could support

Exercise:

Exercise has a huge potential to enhance our wellbeing:

- Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood
- Regular exercise can increase your self-esteem and reduce stress and anxiety
- Exercise also helps prevent the development of mental health problems and improves the quality of life of people experiencing mental health problems



Sometimes just getting started is difficult and we need a little inspiration. Listen here as 10yr old Joseph Wang talks about 'Finding his Brave' after moving to London from China:

<https://www.youtube.com/watch?v=3LZTeQ5ngCE>



Eat healthily and drink lots of water.

You could:

- Go for a walk
 - Go for cycle ride with friends or family
 - Do a Joe Wicks workout - we did one 3x a week in school during lockdown
 - Plan your own warm-up and circuit activities
 - Skip with a skipping rope
 - Start C25K
- <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>
- Join a virtual running club
 - Have a kitchen disco and start dancing

Make connections with other people and groups:

Research shows that people who feel more connected to others have lower levels of anxiety and depression. Good relationships are important for your mental wellbeing because they can:

- Help you build a sense of belonging and self-worth
- Provide opportunities to share positive experiences
- Provide emotional support and allow you to support others

You could:

- Take time each day to be with your family
- Arrange a day out with friends you have not seen for a while
- Switch off the TV to talk or play a game
- have lunch with a colleague
- volunteer at a local school, hospital or community group. [Find out how to volunteer](#) on the GOV.UK website
- use technology to stay in touch with friends and family especially if you live far apart

At Ashurst, children often learn in pairs and groups and so build different connections with others than they do at playtime.

Speak to someone

If you need to speak to someone right now, please contact one of the following 24-hour services:

SAMARITANS: 116 123 / www.samaritans.org

CHILDLINE: 0800 1111 / www.childline.org.uk

The Church of England has a mental health reflections booklet with new material to provide hope, reassurance and comfort available here:
<https://www.churchofengland.org/media/20055>

The 13 daily reflections are also available as a podcast series using the QR code here.



The Church of England has a prayer for the day.

Listen or read the Prayer for the Day and join in with thousands of others saying these words each day with this QR code