




## Wellbeing Week

5<sup>th</sup> – 9<sup>th</sup> October 2020

Next week we are having a Wellbeing Week to raise awareness of the importance of having good Mental Health.

The 5 Ways to Wellbeing are a set of really simple actions we can all take, which have been shown to improve people's wellbeing.

They are easy to remember and, as well as making you feel better in the moment, they can also help you build good mental health for the future.

<b>MONDAY - CONNECT</b>	Connections support and enrich us every day, so take the time to get to know people.
<b>TUESDAY – GET ACTIVE</b>	We all know exercise is good for your body, but it can be good for your mind too. Exercise can be a way to deal with negative thoughts and feelings.
<b>WEDNESDAY – BE MINDFUL</b>	Noticing what is going on in our bodies and minds is an important skill for staying mentally healthy. Take time to check in with your thoughts and feelings.
<b>THURSDAY – KEEP LEARNING</b>	Lifelong learning keeps our brains healthy, and the sense of achievement we get from learning something new can be great for our mood. Try something new or rediscover an old interest.
<b>FRIDAY – GIVE TO OTHERS</b> 	Evidence shows that helping others is actually beneficial for your own mental health and wellbeing, too. It can help reduce stress, improve your emotional wellbeing and even benefit your physical health.

Every day next week we will take time out to focus on these 5 ways to Wellbeing, culminating in #HelloYellow on **Friday 9<sup>th</sup> October** by wearing something yellow and donating money to raise funds for Young Minds UK. You can send your donation in an envelope, or donate online to our Just Giving page:

<https://www.justgiving.com/fundraising/greatbartonprimary> (please note the automatic minimum donation is £2, so you may wish to donate together with a friend)