



# Wellbeing Newsletter



## OCTOBER: MENTAL HEALTH

Welcome to the first of the Aldingbourne School Wellbeing newsletters. As a community, we feel it is important to support everyone in the school from staff, pupils and parents. The purpose of the newsletter is to share books, quotes, top tips and each month, there will be a theme. This month's theme is adapting back into the school life routine.

You have just had 6 weeks holiday and NOW half term! You have been juggling childcare and work and everything else in-between and now you're back in the thick of life with the hecticness of having a family to support and Christmas! YIKES!

Firstly, give yourself a pat on the back. You are doing a great job. We all feel the pressures of life; you are not alone.

Secondly, breathe. If you possibly can, take some time out for you. Go for a walk, have a bath, catch up with friends so you can rant and rave. Remember nobody has it all put together- as much as social media may look like they do. Maybe take yourself off of social media if that feeling of missing out or not being enough is getting to you. Instagram and Facebook can be a worm-hole that is addictive and before you know it, you've spent an hour seeing what Karen from Kent, who you don't even know, is wearing to your hairdresser's wedding.

Do yourself a favour, have a bit of a detox. I did it for the whole of January this year and it was liberating.

Young Minds A-Z Guide. This guide gives advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events. They'll also show you where you can get help. Have a look through the link. It's very user friendly.

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/#ParentsHelpline>

Don't forget wear a token piece of yellow for 'Well-being Wednesday'

### BOOK

Recommendations:

Children: DID I EVER TELL YOU HOW LUCKY YOU ARE by DR ZEUSS

Adults: THE GIFTS OF IMPERFECTION by BRENE BROWN

Quote of the month:

Comparison is the thief of joy.