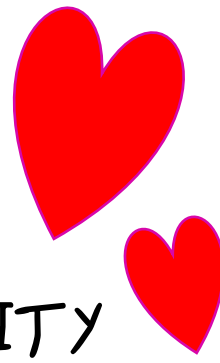


# Wellbeing Newsletter



## FEBRUARY: POSITIVITY

Welcome to this month's Aldingbourne School wellbeing newsletter. This month's theme is positivity and the importance of talking. We live in a more fast-paced world than any preceding generations have ever seen. As a result, getting caught up in a whirlwind of stress, anxiety, and negativity is easier than ever. But what if we could shift our focus and attract more positivity?

- 1. Ask yourself these questions:** How do I respond to challenging situations? What are my typical thought patterns? This can be pretty eye-opening. It helps you identify any negative thinking patterns and understand your triggers. Once you're aware of these, you can challenge and change them. It can feel quite hard at first but the more you practise it, the easier it becomes.
- 2. Practice Gratitude to Boost Positivity-** We all have times when life drags us down but start looking at your wins. I have a roof over my head, I have clean running water, my child gets an education. They may seem like basic needs but remember, others don't necessarily have these rights.
- 3. Practice Mindfulness-** Mindfulness is the art of being fully present and engaged at the moment without distraction or judgment.
- 4. Foster Optimism and Positivity-** Optimism is about keeping a hopeful outlook on life, even when facing challenges. It's not about ignoring problems but approaching them, believing that positive outcomes are possible.
- 5. Positive self-talk** It's helpful to speak to yourself as you would to a friend - with kindness, understanding, and support. This is a wormhole many of us find ourselves in. I for one can be really unkind to myself.
- 6. Take Care of Your Body-** Your physical well-being plays a key role in your mental and emotional well-being. Regular physical activity reduces the symptoms of depression and anxiety. It can even improve your mood.
- 7. Embrace New Experiences-** New experiences can bring a sense of excitement, growth, and joy into your life. It might be a new hobby, going to an event or a place.
- 8. Set Realistic Goals-** Goal setting is a powerful tool for fostering positivity, giving you a sense of direction and purpose.
- 9. Practice kindness and Positivity in How you Treat Others-** create connections between yourself and others
- 10. Limit Exposure to Negativity** Our environment and the media we consume can significantly influence our mind-set. Constant exposure to negative news, pessimistic viewpoints, and toxic relationships can drain your energy and affect your mental health.

### Quote of the month:

"You are never too old to set another goal or to dream a new dream." C.S Lewis

### Book recommendations:

Children: Tomorrow I'll Be Brave by Jessica Hische

Adults: Advice From A Blob by Lennie

