

Well-being Newsletter

Summer 1 2023

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BELONG BELIEVE ACHIEVE

Mental Health Awareness Week 2023

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

The Mental Health Foundation has announced the dates and theme of this month's Mental Health Awareness Week. It will run from Monday 15th May until Sunday 21st May 2023. The week will explore the experience of anxiety, to increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. Please click on this [link](#) to find top tips how to deal with anxiety.

Key Dates:

**Women's Health
Week –
8th – 14th May**

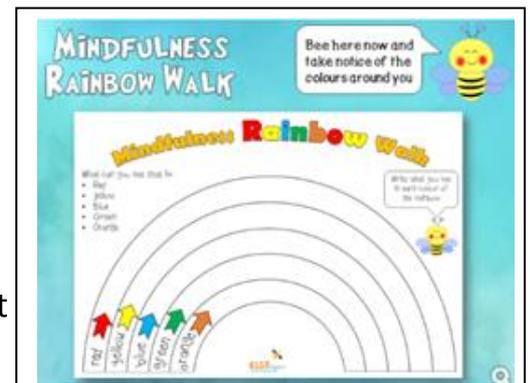
**Mental Health
Awareness Week-
15th-21st May**

**World Meditation
Day- Sunday 21st
May**

**National Walking
Month – May**

Mindfulness Rainbow Walk

Go for a walk with your children and be mindful of all the beautiful colours you can see. Get them to write what they see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange. The aim of the session is to use their power of sight to notice things around them right now in the present moment. When they have written the things in the rainbow they can carefully colour their rainbows with coloured pencils so as not to hide the writing.



My Happy Place!

Sometimes we may feel sad, worried, angry or lonely and it is important to know that it is ok to feel all of these emotions at times. We just need to develop ways to manage these more tricky feelings.

A useful strategy is to have a 'happy place' that you can escape to—this can be a real place or a place pictured in your mind.

Ask yourself:

- Where is your happy place?
- When you think of your happy place, who is with you?
- What do you have with you in your happy place?
- What is it about your happy place that cheers you up?

Then visit your happy place or close your eyes and imagine you are there. Keep this happy place with you and remember it when things are tricky.

Don't forget—your happy place can change at any time. It's up to you!



Relaxation Activity: Flower and Candle

This is a simple relaxation technique that encourages deep breathing.

- ❖ Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.
- ❖ Breathe in slowly through your nose as you smell the flower.
- ❖ Breathe out slowly through your mouth as you blow out the candle.
- ❖ Repeat a few times.

