



# Well-being Newsletter

Summer 2 2023

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**BELONG BELIEVE ACHIEVE**

## Mental Health Awareness Week 2023

Now in its fifth year, World WellBeing Week returns in June 2023 to provide the opportunity for participants worldwide to celebrate the many aspects of wellbeing, from meaningful, purposeful work to financial security, physical, mental and emotional health, social resilience and empathic corporate and civic leadership, community relations and care for the environment. Wellbeing has never been so important to our lives and livelihoods.

The pandemic has revealed a capacity for change, never before thought possible, with people adapting mentally and physically all over the world. It has brought with it different ways of thinking and a new-found resilience. The word on everyone's lips has been: 'wellbeing'.

World WellBeing Week 2023 will celebrate these universal achievements when the world came together as one.



## Key Dates:

**World WellBeing  
Week –  
26<sup>th</sup>-30<sup>th</sup> June**

**Men's Health  
Week -  
13<sup>th</sup> – 18<sup>th</sup> June**

**Samaritans  
Awareness day -  
24th July**

**International  
Friendship Day -  
30th July**

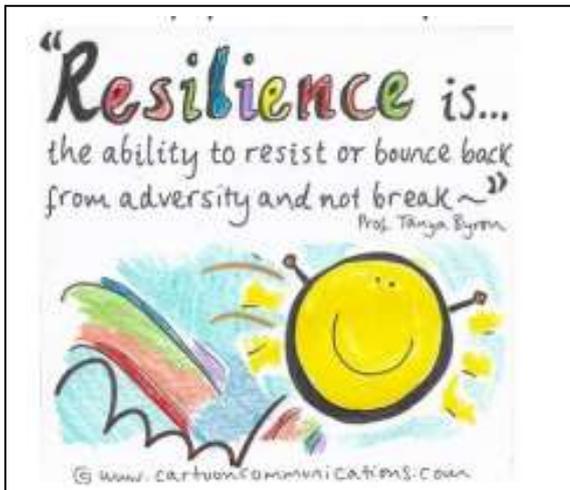
## Men's Health Week

Men's Health Week raises awareness of the health issues that affect men disproportionately and focuses on getting boys and men to become more aware of health problems they may have or could develop and gain the courage to do something about it. [Find out more.](#)



## Encourage Resilience in Your Child

The key way to survive and thrive is not striving to be happy all the time - which is unrealistic. It is about learning to cope with pain and misery, to bounce back from difficulties and to accept yourself for who you are.



## The Power of Thank You

It's been said that since we are given the gift of 84,000 seconds every day, we should use at least one of them to say 'thank you'. That's not bad advice. And a simple thank you does more than you might think, for you, as well as for those on the receiving end. Research shows that being grateful can make us happier, healthier and more optimistic. Gratitude reduces anxiety and generates positivity. It helps us build healthy relationships with others as well as handle adversity more effectively. Feeling grateful towards others benefits you and them simultaneously. If you say thank you it's good for your own wellbeing as well as the person receiving the thank you. And if all it takes is a few seconds out of your day to do that, it's got to be worth it.

**Who would you like to say 'thank you' to?**



### Relaxation Activity: Feather/Statue

This exercise releases muscle tension.

- ❖ Pretend you are a feather floating through the air for about ten seconds.
- ❖ Suddenly you freeze and transform into a statue. Don't move!
- ❖ Then slowly relax as you transform back into a floating feather again.

