

Well-being Newsletter

Spring 1 2024

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BELONG BELIEVE ACHIEVE

January Blues

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine ...) are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. See the tips below for some ideas to try out!

Key Dates:

Time to Talk Day- 1st February 2024

Children's Mental Health Week – 5-11th February 2024

Safer Internet Day – 6th February 2024

Random Acts of Kindness Day – 17th February 2024

BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.



WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



ENJOY THE SUNLIGHT

Natural light helps to alleviate the winter blahs.



GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



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Message In A Bottle (with a twist!)

What are you most looking forward to this year? As a family, write down 2 or 3 things that you are looking forward to in 2024. Then roll them up and put them in a bottle. You can check these at the end of the year. It's good to look forward to things and have dreams!



Children's Mental Health Week

Children's Mental Health Week 2024 will take place from 5-11 February. Place2Be launched the mental health awareness week in 2015 to empower, equip and give a voice to every child in the UK. This year, schools, families and communities across the UK will take part in Children's Mental Health Week, with this year's theme being "My Voice Matters".

During Children's Mental Health Week, we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

Each year, Place2Be create free resources so that as many people as possible can take part. As parents and carers, you play an important role in your child's mental health. Click on this [link](#) to access resources for families.



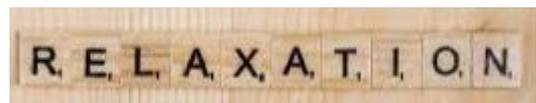
Kind words
are like honey – –
sweet to the soul
and healthy
for the body.

–Proverbs 16:24



Relaxation Activity: The Shoulder Shrug

- ❖ Ask your child to sit or stand in a comfortable position.
- ❖ Ask them to breathe in and lift their shoulders towards their ears. Hold this position.
- ❖ Then they are going to breathe out with a big sigh and release their shoulders.
- ❖ Repeat three times.



Safer
Internet
Day 2024

Tuesday
6 February