**Wellbeing Wednesday’s fortnightly newsletter for staff and parents.**



**The wheel of wellbeing**

|  |  |
| --- | --- |
|  | **Body: Be Active**: do what you can, enjoy what you do, have, move your mood. Exercise, do something active that you enjoy, eat well, stay hydrated, sleep well, rest. |
|  | **Mind: Keep Learning:** embrace new experiences, see opportunities, surprise yourself. Make sure you try something new, learn a new skill or hobby and make sure you have fun! |
|  | **Spirit: Give:** your time, your words, your presence. Make sure you give time to others -100%, raise money for charity, help people. |
|  | **People: Connect:** talk &listen, be there, feel connected. Make sure you talk to, listen & spend time with people you love and who make you feel loved, listen to music, spend time with pets or in the garden |
|  | **Place: Take Notice**: Remember the simple things that give you joy. Notice and give time to those little things that give you pleasure, connect with nature, practise mindfulness, cook, read, sing, draw, laugh |
|  | Planet: Care: enjoy the planet, be curious, the natural world is a very big one. Spending time outside helps to make us feel better and can act as a mental reset when we need a break. Being aware of nature whilst we’re outside is even better for us. |

Using the wheel of wellbeing, the fortnightly newsletters will incorporate spokes from the above the wheel.

|  |
| --- |
| **Newsletters to include ideas such as:** |
| * Manage your time
 | * Just breathe
 |
| * It’s good to talk
 | * Food and your mood
 |
| * Creating healthy work life boundaries
 | * Happy hormones
 |
| * Read between the lines
 | * Video call overload
 |
| * Recharge your battery
 | * Remember to ask
 |