



Swan Wynd
Staindrop
Darlington
County Durham
DL2 3NL
Tel: 01833 660334
e.mail: staindropce@durhamlearning.net
www.staindrop-pri.durham.sch.uk

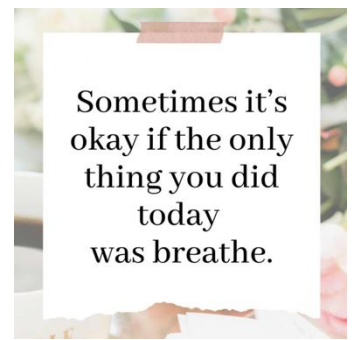
Head Teacher: Mr S Whelerton
Acting Deputy Head: Mrs C Harland



Well-being Wednesdays

In today's hustle and bustle, the pressures of work life, home life, kids, finance and finding some 'you time', the simple concept of 'just breathe' can be even be tricky!

However don't be hard on yourself if all you managed to do today is breathe!



Slowly deep breathing, is one of the best ways to lower stress in the body and is one of those things that can be done anytime, anyplace – you don't have to add it to your list or to do jobs! Instead it brings quite quickly a sense of tranquility and can help channel your mind.

Instead of stressing on what you didn't accomplish in the day, take a deep breath and think of three things you are grateful for and focus on them, no matter how small they are.

So, remember to breath in through your nose and out through your mouth slowly and take a couple of minutes to just breathe

Take care, Mrs B



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