

# Beating the 'blues' by giving back to yourself and others



Learning outcome: To think about how you can help increase positive wellbeing by 'giving back to yourself and others' through happiness and kindness



- "Blue Monday" is the name given to the third Monday in January and has been labelled as the most depressing day of the year.
- It is so called due to the wintery weather coupled with the return to school/work and routine, which can often make people feel sad.

# BLUE MONDAY

Therefore, it is really important to try to incorporate ways of increasing our own and others happiness to help with positive wellbeing.



17<sup>th</sup> January 2022

# Brighten up any 'blues' with a little more happiness...

Add a little more happiness this month by following this *'Happier January'* daily calendar

Download on the student **virtual wellbeing board**  
<https://www.arthurterry.bham.sch.uk/well-being/>

## ACTIVITY

Choose **at least three** ideas from the Happier January calendar and **discuss** with your partner how/what you will do and why.



ACTION FOR HAPPINESS

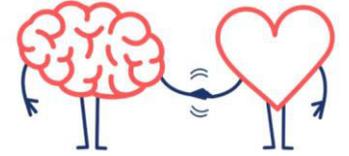
## Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

Happier · Kinder · Together



Evidence shows that helping **others** can have a positive effect on mental **health** and **wellbeing** too.



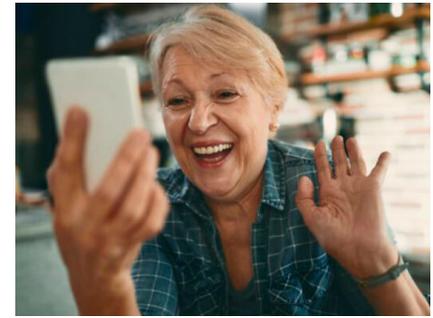
## Giving back to others – Benefits for our wellbeing:

### There are several benefits:

- Provides a fulfilling feeling when giving back to the community
- Helps to improve self esteem and creates sense of purpose
- Helps people to become more empathetic
- Giving makes you happy - researchers have discovered by measuring hormones that being helpful to others delivers pleasure.
- Helps to counteract the effects of stress e.g. forming a meaningful connection to another person like a relative or friend in need.



# | Be Kind |



## Ways to give back to others:

### **There are several ways that you can give back to others:**

- Phoning an elderly or lonely relative
- Donating to a food bank
- Donating any unwanted clothes to charity.
- Making other forms of donations to charity
- Checking up on friends as anyone can be struggling with their mental health.
- Supporting local businesses who are likely to be suffering as a result of the





Walk the dog



Take the bins out



Have a conversation



Play a game

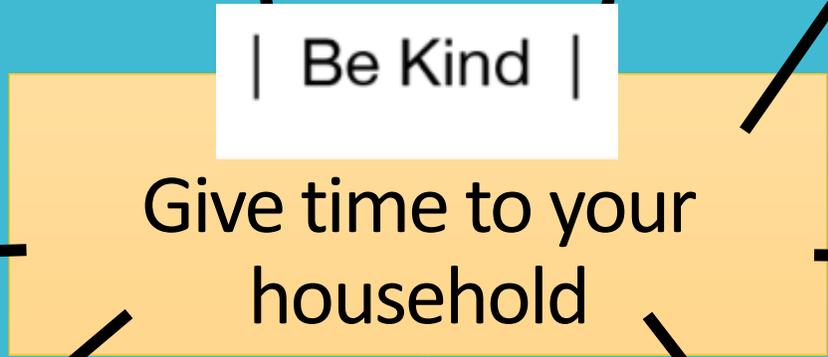


Have a movie night



Help with cooking

Help with chores



Eat together

Giving back to others – your household

Show your household that you care about them



Get together with extended family (in person or virtually)



Go for a walk



Mow the lawn

# Brighten up someone else's day with a little more happiness...

## ACTIVITY

Now choose some ideas from the Happier January calendar of how you can **GIVE BACK TO OTHERS** and discuss with your partner how/what you will do and how that may help someone else feel happier

### Happier January 2022

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ACTION FOR HAPPINESS

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# Finally...where can you go to for help?

**In school:** tutor, trusted adult, SSS, Report it button on website.

## Outside of school:

**Locally,** Forward Thinking Birmingham offer support for people aged 0-25years.  
<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

**Nationally** Kooth provide online support and signpost related services for young people.  
<https://www.kooth.com/urgent-support>

**Nationally,** Young Minds is a national charity providing resources and advice for young people.  
<https://youngminds.org.uk/> If you need urgent help text YM to 85258

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**Wellbeing**

You can also go onto the Arthur Terry school website – Wellbeing tab and click on ‘Report a Concern’

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

**Are you worried about something or someone?**

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing
Exam Support
Information and Support directory
MINDFULNESS
Parent support
Student Support Services
Virtual Wellbeing Board
Weekly Wellbeing 2020
Weekly Wellbeing 2021
Working Healthily At Home