

This half-term we will be focusing on GIVING BACK.

Giving is the act of freely parting with something and offering it to someone or something beyond ourselves- a stranger, friend, family member, a charitable organisation, our local community or our wider community.



How can this help your wellbeing?

- 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.

**Your time,
your words,
your presence**

Self Care - Mind and Body Wellness



Learning outcome: To be aware of how you are feeling in your mind and body and identify what you can do to take better care of yourself



On the 3rd January it was International Mind and Body Wellness Day

Give

Why is mind and body wellness so important?

1. Everybody needs a healthy mind

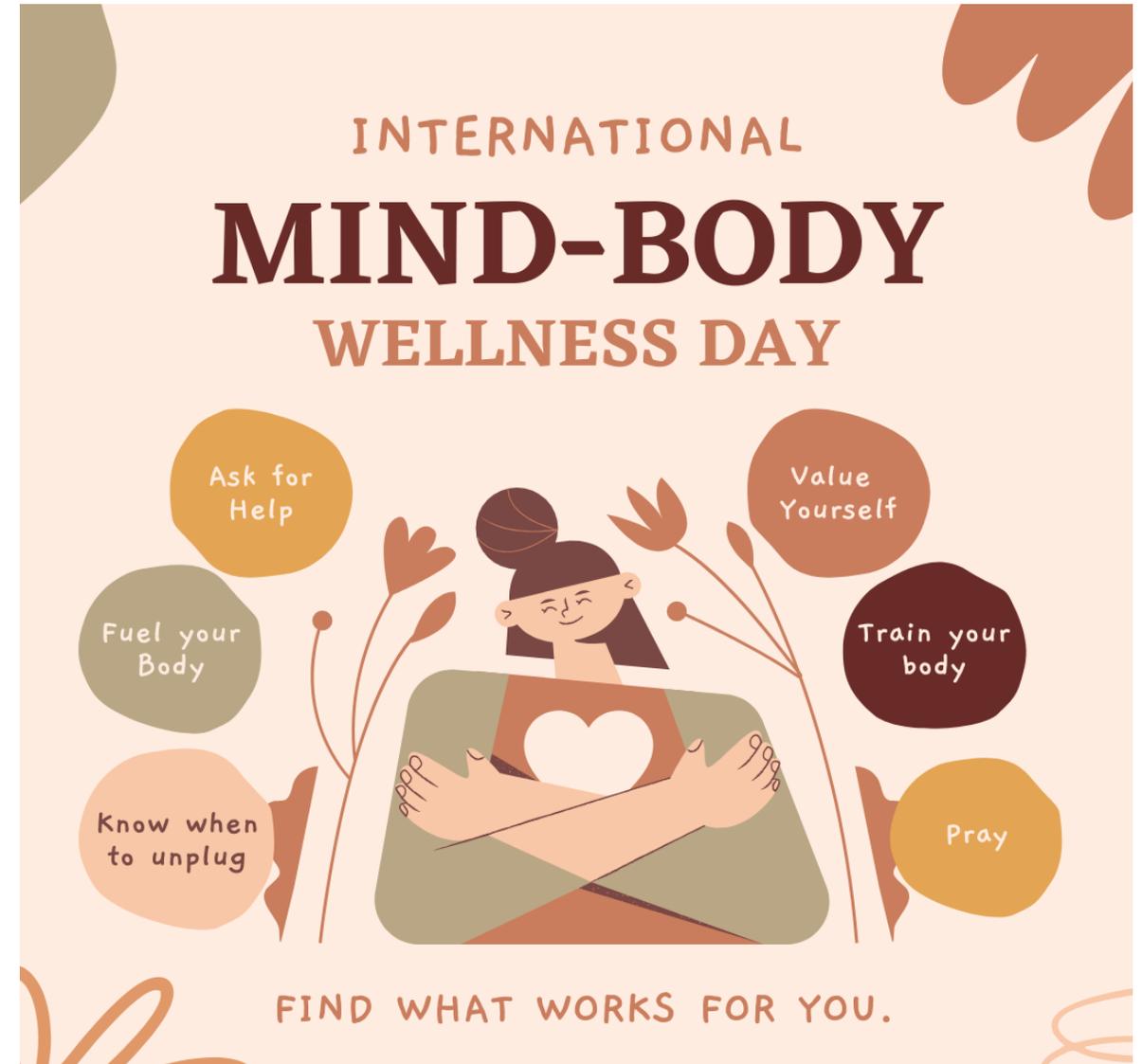
The mind is one of the most powerful tools we have to create a healthy life and a better world. A **positive mindset** can lead to a **stronger immune system**, more vitality and energy, **reduced stress**, and even balance your hormones.

1.2. Purpose creates better health

Purpose is foundational to a healthy mindset: this boosts the immune system, balances hormones and so much more.

1.3. Mind body soul wellbeing transforms you, and society too

A healthy mind and stable emotions are the foundations of a tolerant and sustainable society. Want to make the world a better place? It starts with you. It takes a healthy mindset to create peace and tolerance in our society.





Give back to yourself

There is strong connection between your physical wellbeing and your mental wellbeing.

Self care is very important and there are several ways to help you maintain both mind and body wellness.

ACTIVITY



Watch this short video clip and have a think about how you could take more care of yourself.

<https://www.youtube.com/watch?v=rfH8u47yDxM&t=158s>

Wellbeing Journal

Try out some of these fun and unique activities to improve your wellbeing

The Wellbeing
Journal

Well being journal
PDF document
padlet drive

Wellbeing journal – download on the student virtual wellbeing board <https://www.arthurerry.bham.sch.uk/well-being/>

Mindfulness - <https://www.mentalhealth.org.uk/podcasts-and-videos/mindfulness-10-minute-practice-exercise>

Now tell your partner something that they should be proud of themselves for.

Organisation/ School Work

Top tips

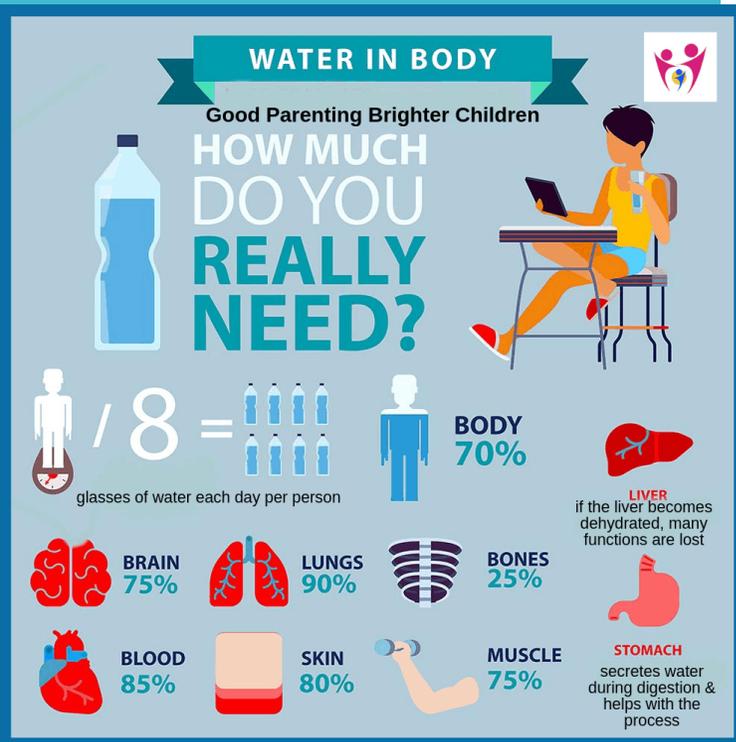
- Allow yourself enough time to wake up in the morning and get ready for the day ahead
- Collect all your work, exercise books or any necessary work that you know you may need within your lessons
- Perhaps create a checklist to tell you what tasks you have left to do

.. Organise your day

"Writing a list and organising yourself will help to prevent stress. I like to write all of the big things I have to complete on a piece of paper and it makes them feel so much smaller."

- **Practical benefits:**
 - less likely to lose or forget things
 - Tidier working space
- **Mental health benefits:**
 - Feeling of control, less likely to be overwhelmed by your workload
 - Helps time management, planning and deadlines
 - Gives satisfaction when a task is completed
- **Academic benefits:**
 - Helps revision by keeping your work co-ordinated
 - More likely to stay on top of your homework

Give back to your physical health



Water is one of the most essential components for our bodies and brains to operate at 100%.

Did you know water can help you regulate stress and worry?

- It's simple: you increase your brain's temperature and get rid of toxins and dead cells. It also helps **balance all your brain chemicals**, like a "mental restart"
- **But, stay hydrated. Take small sips throughout the day.** This way, your cells will stay active and find a good balance. This balance will **also help regulate your stress and worry!**

ACTIVITY

- How many glasses of water do you drink each day?
- How do you think this affects your mood? concentration? energy levels?

Compare and discuss with your partner

Give back to your physical health

1. Eat a healthy diet

"I think it helped as I was taking care of myself and swapping processed food for healthier alternatives which gave me more energy and allowed me to take up more hobbies and socialise."

Read more about what young people have said about maintaining a healthy diet and [avoiding certain foods](#).



2. Try some relaxation techniques

"The days can easily become busy and potentially be overwhelming, so having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely."

Read more about what [relaxation techniques](#) young people recommend.

[Click here](#)



3. Time away from technology

"You may think your phone is essential and without it there is nothing to do, but just see how it feels to take yourself away from it for a bit, it doesn't have to be for long but can make a whole lot of difference."

Read more about how [time away from technology](#) can help your mental health and wellbeing.

[Click here](#)



4. Exercise regularly for 30 minutes

"You can release any stress, anger or tension you have! Doing exercise is also refreshing and gives you time away from work, your phone or staying in doing nothing all day. Being active can help your mind and body to feel better!"

Read more about the wellbeing benefits of [physical exercise walking and sport](#).

[Click here](#)



5. Dance

"If you need to find a way to let off some steam or put yourself in a good mood, put on your favourite songs and have a little boogie in the living room. Even small movements make a big difference."

Read more about how [dance](#) can help you support your wellbeing.

[Click here](#)



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How many single leg squats ('sit and stands' on one leg) can you do in 2 minutes

CHAIR
STRENGTH
CHALLENGE

