

This half term the pillar of wellbeing is...**Taking Notice**

Wellbeing
Wednesday



TAKE
NOTICE

What does it mean?

Taking Notice means actively bringing our mind's attention and interest to the world around us and ourselves; what is going on externally to us and what is happening within us.

It means savouring the moment whether you're ***being active, connecting with a friend, learning a new skill, or giving to others..***

How does Taking Notice help improve wellbeing?

Life can be very busy with little time to stop and reflect.

Studies have shown that when people are aware of what is taking place in the present it directly enhances well-being.

Reduces worry, anxiety and depression

People worry less about the future and what has happened in the past and can see what really matters, allowing them to make positive choices.



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

Reminding people to 'take notice' can strengthen and broaden awareness.

Self awareness

Developing a better connection to ourselves, awareness of our needs, values and interests, we can begin to self-regulate our behaviours which is thought to be important for our wellbeing and mental health.

What did you Take Notice of during the Easter holiday break?



- What did you notice when some restrictions were lifted?
- How did you feel?
- How did things for you and others change?
- What behaviours/attitudes did you notice in yourself and others?



- Did you take more notice of your surroundings?
- Was there anything that you appreciated more or noticed makes you more positive/happy?



- What did you notice in the news?
- How did it make you feel?

Discuss in your tutor groups your choice of relevant questions below



- What was your experience of revision for exams?
- Did you stop and try some mindfulness or other techniques to calm and re-focus?
- Did you notice a positive difference?

One way to Take Notice is Mindfulness



Thank you for taking part in the Mindfulness Minutes week before Easter.

Please take 2 minutes at home to complete the Mindfulness reflection survey assigned on G4S

SUPPORT

THE WELLBEING AREA - <https://www.arthurterry.bham.sch.uk/well-being>

IN-SCHOOL SUPPORT



**TUTOR, TEACHER or
SSS (Student support services)**

You can **request to speak to someone in SSS** through the wellbeing website too at:

<https://www.arthurterry.bham.sch.uk/well-being/wellbeing/student-support-services-sss/>

ONLINE SUPPORT



Websites & apps:

KOOTH - <https://www.kooth.com/>

Forward Thinking -

<https://www.forwardthinkingbirmingham.org.uk/>

Young minds - <https://youngminds.org.uk/>

Mind - <https://www.mind.org.uk/>

Childline - <https://www.childline.org.uk/>

The Mix - <https://www.themix.org.uk/>

Apps: Calm, Headspace, Ten percent happier

OTHER



- Support you can give a friend
- Keep talking and checking on each other.
- Be a good listener.
- Look after your own mental health.
- If you're worried about your friend or think they are at risk tell a trusted adult about your concerns.