

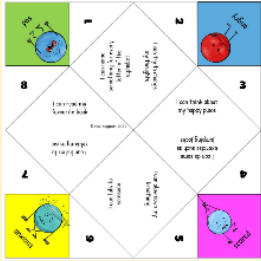


September 2024

Wellbeing Newsletter

Coping Skills Fortune Teller

This is a lovely resource for exploring coping strategies linked to sadness, anger, anxiety and fear. There are three versions for you to use, click the link below [PowerPoint Presentation \(elsa-support.co.uk\)](http://elsa-support.co.uk).



World Gratitude Day - 21st September 2024

Sometimes, it can be hard to know what to feel grateful for, especially if you have been having a tough time. But there is always something; you just need to know where (and how) to look! Here are a few things, both big and small, that you might feel grateful for:

- Having access to education.
- Being surrounded by people who care about you.
- The beauty of the natural world.
- Eating something tasty.
- Being able to watch your favourite shows.

A mindful mat of gratitude has been included below.



Self-Care

Self-care is a vital practice and an essential part of managing modern life. It can drastically improve mood, confidence, and attitude as well as many other quality of life essentials. Taking care of the self is one of the best ways of ensuring that we can take care of those around us as well.



Relaxation Activity: Lemon

This relaxation exercise releases muscle tension. Pretend you have a lemon in your hand.

- Reach up to the tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.
- Throw the lemons on the floor and relax your hands.
- Then repeat, until you have enough juice for a glass of lemonade!
- After your last squeeze and throw, shake out your hands to relax!



Youth Mental Health Day - 19th September 2024

The theme for 2024 is #Controlyourscroll

It encourages developing healthy habits to protect your wellbeing • Staying safe online • Treating others with respect and consideration

“A Guide for Young People” for tips and tricks on how to look after your mental health in a digital age. Click on the link below: -

[#ControlYourScroll General Edition](https://www.stem4.org.uk)

[\(stem4.org.uk\)](https://www.stem4.org.uk)





Self-Care September

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” Nelson Mandela

Self-Care September 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are

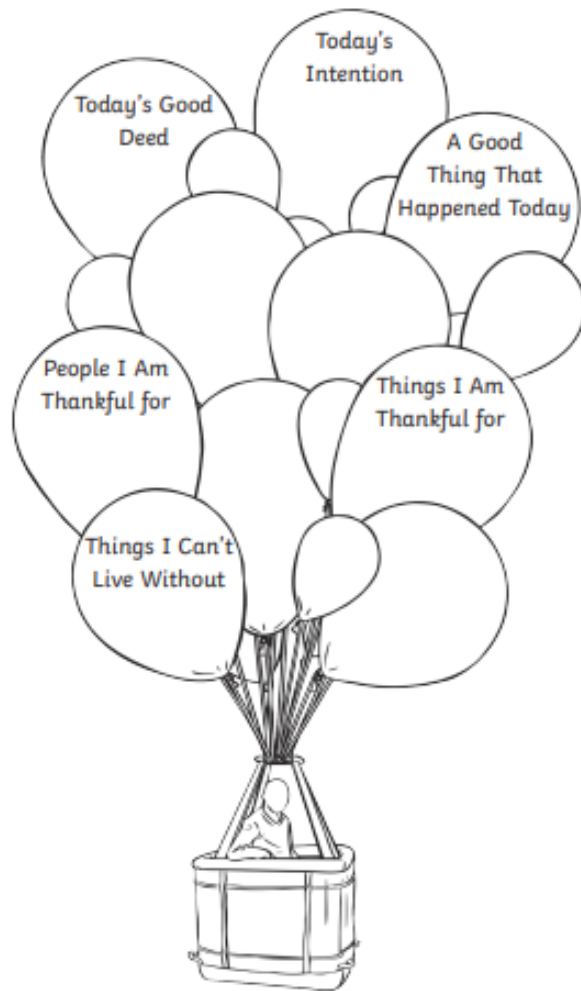


ACTION FOR HAPPINESS

Happier · Kinder · Together

Mindful Mat of Gratitude

As you colour the patterns, think carefully about the prompts below. Then fill in your responses in the spaces provided.



Three Things I Am Looking Forward to This Week



t h a n k f u l n e s s t e a a g y d b
 f g t h o u g h t f u l f e x g g v s n
 o h k d s h q d e g d e l w o n k c a b
 q d k j k q v f h p p o q b l u l c j i
 s j e z e r e l a t i o n s h i p e e j
 q d z u d h a p p r e c i a t i o n f i
 d k x v u d d o p g h q s g w q v i h j
 u e z a o n g b i z l c e j g y u a a d
 c g a s y c x l n n w c k q z t q k s t
 l w s o w k n y e o k y i e u k y z o q
 n s k m o q c s s l k j u p u b x y b x
 k z c m g k g q s d d b y k i r e h b c
 v o h v o l u n t e e r i n g i d b u v
 c g r a t i t u d e n j f u f l z v q d
 j p q h m t u e x t c d j u n b d f b l
 w i z c s i x n b t k d n x s e n n e y
 i n n d b e y q c u l z k i c w n k t e
 n f r i e n d s h i p c i m k r r n z f
 d b h n k v q q a a c x j y v a k x e c
 p s w n b p l v e a w j t i p v c n f r

friendship kindness gratitude appreciation
 thankfulness happiness thoughtful acknowledge
 relationship volunteering

If you want to find happiness, find gratitude.