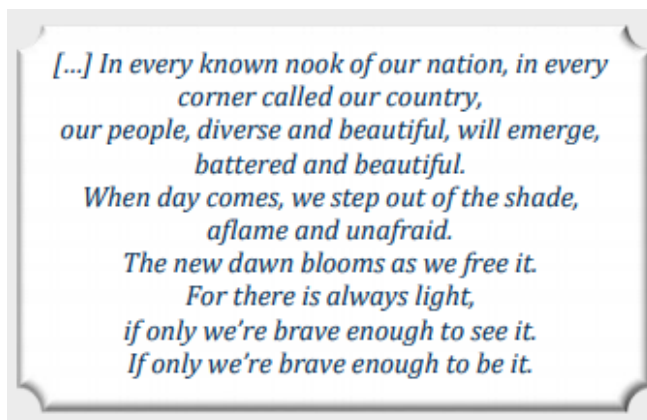




Wellbeing Newsletter January 2021

On Wednesday 20th January, youth poet laureate, Amanda Gorman addressed a nation and spoke to many people across the world at the inauguration of the 46th US president Joe Biden. Her poem *'The Hill We Climb'* addresses the divisions, racial tensions and recent acts of aggression witnessed in the United States of America. Her message of hope, unity and optimism challenges citizens of all cultures and colours across the world to set aside differences, *"to lay down our arms and reach out our arms to one another."*



France24.com

(Full poem can be found [here](#))

This current wave of the pandemic is affecting members of our school and local community in many ways. Amanda's inspiring & poignant words remind us all that there is light at the end of the tunnel and that better days are ahead.

This lockdown is the hardest one for many people and it's only natural to feel low, stressed, or anxious from time to time, whether that is because of what's happening around us or for no particular reason at all. We are all different and each of us will be dealing with the constant ebb and flow of a global pandemic in our own way. This is a reminder to be compassionate and kind to one another and to ourselves. There has never been a greater need to connect with other, and to seek and provide support to one another.

It is also more important than ever to look after your wellbeing during this extremely challenging and uncertain time. Please find some tips to support your wellbeing below.



Journaling

Journaling is an exercise often used as a means of pursuing mental wellness and well being. Journaling focuses on exploring thoughts and emotions surrounding the events of your life.

Journaling is known to be useful for:

- Boosting your moods and positive feelings
- Improving our self-awareness
- Reducing symptoms of stress and anxiety
- Helping to improve memory
- Enhancing your sense of well-being

More information can be found [here](#).

The 5-minute rule



The 5-minute rule is a cognitive behavioural therapy technique for procrastination or motivation struggles. Low motivation is common, particularly when we are not feeling 100%, even when we know the task will be good for us.

How does it work?

Set yourself a goal but agree with yourself that you only need to do it for 5 minutes. This might be a task you've been delaying doing or something as simple as reading a book. If after 5 minutes you would like to stop, you are free to do so. You can be proud that you have accomplished your goal. However, we often find that once you get into it, even for five minutes, it becomes easier to continue. Setting the intention and starting is usually the hardest part. By only committing to 5 minutes of a task, it can feel less overwhelming and a lot more doable.

More information here: [5 Minute Rule](#)

Our Virtual World



Time.com

Working/learning from home, laptop screens, videocalls, TV, social media – modern technology has been fantastic for keeping the world going and allowing us to connect with others from afar. It's inevitable that we're all going to be spending a lot more time in front of screens. It is the norm at the moment. However, sitting at a desk or staring at screen too long can cause eye strain, posture issues and may not promote positive wellbeing – remind yourself and your children to take regular breaks away from screens, however short they may be!

Take a walk

Breathing exercise

Make a cup of tea

Try some [chair yoga](#)

stretch

Cuddle a pet