

# Autumn Term 2 - 2024

## Looking After Your Wellbeing

Welcome to another of our 'Mental Health & Well-Being for All' sheets. The aim of these sheets is to help sign-post and look at strategies for managing our mental health and well-being. If you can take the time to read through this sheet with your child each term that would be great! The purpose of these sheets however is NOT just about our student's well-being, it is about each and every member of the Dormston Communities well-being. If you come across anything that you think may be useful to share or have found any really good mental health strategies or signposts please feel free to email [kotton@dormston.dudley.sch.uk](mailto:kotton@dormston.dudley.sch.uk). We are not Mental Health experts, but hopefully by learning and working together on this subject we could really make a difference to the Dormston Community!

## Do Good December 2024 Calendar

Please see our **Do Good December 2024 Calendar**. If you want to know more, why not take a look at this video <https://www.youtube.com/watch?v=s5iiVAtcdDA>

### Top 3 Tips/Gifts for a 'Do Good December 2024'

Here are some 'gifts' you can give this Christmas that don't take much time, don't cost any money, yet can be very powerful:

- giving the gift of your attention by being fully focused when connecting with another person. Put our phones away! Take a real interest and ask questions;
- giving the gift of appreciation. Take some time to reflect and share when you appreciate someone or something;
- give the gift of pausing to ourselves. Christmas can be sometimes be overwhelming. Take a bit of time each day to have a tiny moment of pause. Take a deep breath in, followed by another short top up breath in and then breathe out slowly.

December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

ACTION FOR HAPPINESS

Happier · Kinder · Together

# Autumn Term 2 - 2024 - Mental Health Message

## And breathe....

For many of us, the Christmas period can be a mix of emotions for all sorts of different reasons. The frenetic, fun and social side can also leave us feeling a tired and out of routine, so taking just a few minutes to literally 'take a breather' can help us stay present and make the most of this time of year.

More and more research has highlighted how just 60 seconds of controlled breathing can help calm our nervous system, with 'little and often' being a good way to develop a positive practice habit.

Dr Rangun Chatterjee, the podcaster and author whose work has helped millions of people over the past decade is a huge advocate of breathwork, on his website he states,

*'It is the first thing we do when we arrive in the world and the last thing we do before we leave. It happens automatically 26,000 times a day without us even having to pay any attention to it, yet breathing is one of the only autonomic systems in our body that we can control if we choose to.'*

*'The more stressed you feel, the faster you breathe, and your brain will notice this and read it as a signal that things are not going well. That fast, shallow breathing which happens when you're stressed is effectively telling your brain that you're running from a lion. But the reverse of this rule is also true: if you breathe slowly, you're giving your brain a signal that you're in a place of calm. You will start to feel less stressed. Studies have even shown that the right kind of breathing can reduce our perception of pain. Both the pace at which you breathe and how deeply you breathe change your stress response. If all you do for one minute is slow your breathing down and aim for six breaths (one breath is in and out) in that minute, it will reduce the stress state and stimulate the thrive state.'*

Below is a link to Dr Chatterjee's website and some examples of different techniques for different situations that you might like to try. Who knows, maybe it could be something the family can do together, especially in moments of stress like choosing what to watch on Television after Christmas dinner 😊.

<https://drchatterjee.com/5-breathing-techniques-help-reduce-stress/>

*Mr Plant*

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