

WELBING

This term on the Reaside Academy Wellbeing Newsletter, is tips for happiness. This is a great website - Action for Happiness:

https://www.actionforhappiness.org/10-keys?mc_cid=32c24aff76&mc_eid=e7dle645ab

It has tips on how to remain positive in the current climate and it all starts with taking action!



Our happiness is not set in stone

Although our genes influence about 50% of the variation in our personal happiness, our circumstances (like income and environment) affect only about 10%. As much as 40% is accounted for by our daily activities and the conscious choices we make. So the good news is that our actions really can make a difference.

Ten keys to happier living

GREAT DREAM

GIVING	 Do things for others	DIRECTION	 Have goals to look forward to
RELATING	 Connect with people	RESILIENCE	 Find ways to bounce back
EXERCISING	 Take care of your body	EMOTIONS	 Look for what's good
AWARENESS	 Live life mindfully	ACCEPTANCE	 Be comfortable with who you are
TRYING OUT	 Keep learning new things	MEANING	 Be part of something bigger

ACTION FOR HAPPINESS



Happier people live longer



Happiness doesn't just feel good... A review of hundreds of studies has found compelling evidence that happier people have better overall health and live longer than their less happy peers. Anxiety, depression, pessimism and a lack of enjoyment of daily activities have all been found to be associated with higher rates of disease and shorter lifespans



How can you 'be happy':

- Listen to some music - Music is very emotive so it can make us feel happy or sad. Something upbeat like Pharrell Williams' 'Happy' or Justin Timberlake's 'Can't Stop the Feeling' always brings a smile. Or something more chilled and serene like this: <https://www.youtube.com/watch?v=KJWoyMIQItw>
- Dancing - Use that upbeat music to 'dance like no one's watching'. We know most children enjoy Just Dance and there are so many free clips on Youtube to enjoy.
- Watching a comedy movie - A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. It decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Laughter protects the heart as it improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems. Laughter lightens anger's heavy load - Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment. Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much.
- Be kind - The Kindness Diaries - Leon Logothetis: <https://www.leonlogothetis.com/>
- Mindfulness - But how do I do it?
 - **Set aside some time.** You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.
 - **Observe the present moment as it is.** The aim of mindfulness is not quietening the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment.
 - **Let your judgments roll by.** When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.
 - **Return to observing the present moment as it is.** Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.
 - **Be kind to your wandering mind.** Don not judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

The Action for Happiness pledge:

"I will try and create more happiness and less unhappiness in the world around me"

But after all this information... will you take the pledge?



Reaside Information



For Health and Wellbeing resources, go to our Reaside Academy website - Information tab:
<https://www.reasideacademy.co.uk/information/health-and-wellbeing>

Work with the Education Mental Health Support Team is underway. Our children are currently participating in virtual workshops with Education Mental Health Practitioners (EMHP's). I must say a big thank you to Ryan, Belle, Lorraine and Sarah for the work they have carried out so far. They have great team leaders in Rachel and Raiela too!

Education Mental Health Practitioners



Lorraine Dainter



Ryan Johnson



Sarah Robinson



Annabelle Wellington

Senior Mental Health Practitioners



Rachel McGuinness



Raiela Nahid

For more support for mental health and wellbeing including anxiety, low mood and anger please visit the parent and carer section at #youvebeenmissed: <https://bwc.nhs.uk/parents-and-carers>.

Happy Christmas Everyone!



From all at Reaside Academy