

Thameside Termly Wellbeing Newsletter

Welcome to our first termly Wellbeing newsletter - please do

Importance of sleep

We all need to sleep well to help our bodies recover from the day. Top Tips for better sleep:

• Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.

• Create a restful environment:

bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.

• Try to go to sleep and wake up at the same time each day.

• Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.

• Avoid caffeine before bed. This can stop you falling asleep and prevent deep sleep.

• Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and make you feel anxious.

• Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.

• If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy. take a look at our website too for more links to resources. <u>Thameside</u> <u>Primary School - Family Support, Mental</u> <u>Health and Wellbeing</u> <u>(thamesideschool.co.uk)</u>

Key dates – April and May

15th – 21st May – **Mental Health Awareness** Week

26th May – On your feet Britain!

On Your Feet Britain is a celebration of physical activity that encourages workers across Britain to unite and take part in a variety of fun and simple activities to #SitLess and #MoveMore at work. It's much easier than you think and you'll be surprised by how much better you feel. Here are a few tricks to think about:

- Use the stairs rather than the lift
- Stand up and have a break from your computer every hour
- Eat lunch away from your desk
- Stand during phone calls
- Have standing or walking meetings
- Walk over to your colleagues' desks instead of phoning or emailing them
- Walk or cycle to work



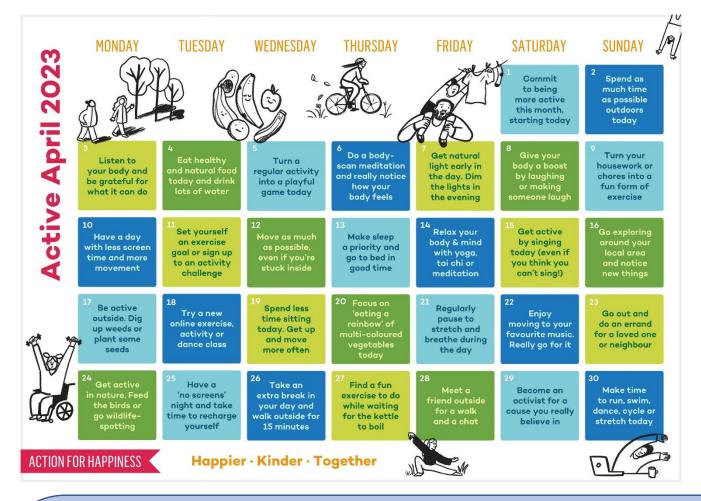
Link of the month:

The NSPCC have some fantastic resources for parents at the following link:

Support for parents | NSPCC



Action for Happiness Calendar – April





The Power of thank you!

The Power of Thank you! It's been said that since we are given the gift of 84,000 seconds every day, we should use at least one of them to say 'thank you'. A simple thank you does more than you might think, for you, as well as for those

on the receiving end. Research shows that being grateful can make us happier, healthier and more optimistic and is one of the key aspects of mental wellbeing at work.

Gratitude reduces anxiety and generates positivity. It helps us build healthy relationships with others as well as handle adversity more effectively. Feeling grateful towards others benefits you and them simultaneously. If you say thank you it's good for your own wellbeing as well as the person receiving the thank you. And if all it takes is a few seconds out of your day to do that, it's got to be worth it. Who would you like to say 'thank you' to?