

# The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

This Summer is the fifth year, World Wellbeing week returns to provide the opportunity for people to celebrate the many aspects of wellbeing, from meaningful, purposeful work to financial security, physical, mental and emotional health, social resilience and care for the environment.

Please take the time to celebrate these achievements and your own resilience to them all.

Mrs Sarah Chapman-Allen

## Relaxation Activity: Feather / Statue



This exercise releases muscle tension

- Pretend you are a feather floating through the air for about ten seconds
- Suddenly you freeze and transform into a statue. Don't move!
- Then slowly relax as you transform back into a floating feather again.

R E L A X A T I O N

## Encourage Resilience in your Child

The key way to survive and thrive is not striving to be happy all the time - which is unrealistic. It is about learning to cope with pain and misery, to bounce back from difficulties and to accept yourself for who you are.

**“Resilience is...**  
the ability to resist or bounce back from adversity and not break ~”  
Prof. Tanya Byron



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Don't forget... **Action for Happiness Calendar: Joyful June**



“We cannot cure the world of sorrows, but we can choose to live in joy” Joseph Campbell

be awesome



IT'S OKAY NOT TO BE OKAY

think POSITIVE

Mental HEALTH

BE HAPPY

You matter

YOU ARE enough

it's GLOW TIME

## Being Outside = Improved Mental Health

With longer, warmer and sunnier days it is a great time to step outside and enjoy the many benefits of fresh air and nature. Here are some reasons why being outside is good for your mental health and wellbeing:

- Reduces stress levels: going for a walk is one of the best ways of reducing stress levels
- Feel better about yourself: getting outdoors and exercising improves self-esteem and body image
- Improve your concentration and focus: looking at nature improves our ability to restore concentration
- Sleep better: going for a walk in the early evening can help you relax and improve the quality of your sleep
- The sunshine vitamin: being outside increases your levels of Vitamin D. Low levels of Vitamin D have been associated with low mood and worry.

Great reasons to jump off

the sofa and get going!!!

Enjoy!!



If you need help...



**Family Information Service** (help with finances, wellbeing, housing)

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32>

**Restore Hope** - 01494 765555

**MIND** - 01296 43732

**Chiltern Foodbanks** - 0808 2082138

**Employment Support** - 01494 463364 EXT 2

**Safe Haven Crisis support** - 01494 218098

Don't forget we are also here to help.