

The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

January can often be a difficult month for many people - Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park) are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. See the tips below for some ideas to try out.

Mrs Sarah Chapman-Allen



Key Dates:

Time to Talk Day - Friday 4th February 2022

Eating Disorder Awareness Week - WB 07.02.2022

Safer Internet Day - Tuesday 8th February 2022

Important Dates


You will never speak
to anyone more than
you speak to yourself
in your head.
Be kind to yourself.


Self-Kindness


Make 2022 the year that you are kinder to yourself. Being kind to others often comes naturally but being kind to ourselves may not. So, with that in mind, here are 10 ways to show yourself some kindness - this week and beyond.

- 1) Talk kindly to yourself.
- 2) Practise gratitude.
- 3) Perform acts of kindness to others.
- 4) Reflect daily.
- 5) Self-care.
- 6) Be responsible for yourself.
- 7) Invest in your interests.
- 8) Practise mindfulness.
- 9) Spend time in or around nature.
- 10) Think of the opportunities.





 You are more likely to stay eating healthier if you have a treat during the week. Remember to also include Vitamin D into your diet to boost your mood.

 Reading has many health benefits. So why not making reading a necessity not just a luxury!

 Do something new, perhaps get creative? Paint, draw, write or begin a new hobby.

How to Beat the January Blues!

 Why not take a walk and take notice of your surroundings? This not only has great physical health benefits but mental health benefits too!

 One great way to improve wellbeing and mood is exercise. Exercise doesn't have to mean going to the gym, it could be a nice bike ride, or taking part in some yoga or pilates.

 Take time out for you! Even if it's 10 minutes, just take the time to have a rest and enjoy your cuppa.



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.

Don't forget... **Action for Happiness Calendar: Happier January 2022**

Be so **happy** that when others look at you they become **happy** too!

