

The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

There is ample research to show that deliberately focusing on the good things in our lives can improve our wellbeing. It's easy to give in to our natural negative thoughts, but we can counter that by deliberately focusing on what's good, even during challenging times.

THERE IS ALWAYS
something
 TO BE
Thankful for

Being thankful



Why not try:

- At the end of each day, write down three good things about your day, no matter how small they are
- Share at least one positive story with other people each day
- Say 'thank you' for all the little things others do for you and mean it.

There are some great apps that you can use for this, this useful site explains and rates them for you.

<https://www.happierhuman.com/gratitude-app/>

How to improve Self Esteem

- 1) Find a box with a lid
- 2) Write down all the things you are good at.
- 3) Write down the things you are grateful for.
- 4) Write down the names of all the people who care about you
- 5) If you ever feel that your Self Esteem is getting low, open the box and read what you are good at, what you are grateful for and the people who care about you



Mindfulness

Try a little Mindfulness, its often useful to think about things in our life and put them into two categories.

Things we can't control - so why let them stress us out.

Things we can control - these are the things that make us unique.

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.