

# FIVE WAYS FOR FIVE DAYS FOR WELLBEING

Issue 1 April 20th 2020



Welcome to our weekly leaflet intended to help our families to stay well. Please read on and try something new each day to make sure that you look after yourself during these challenging times.

## There are thought to be five ways to wellbeing so what is wellbeing?

Wellbeing can be very subjective: what one person considers to be positive may be perceived as negative to another. However, wellbeing is generally understood to be the experience of physical and mental health, a state of being comfortable and secure and feelings of happiness. There are thought to be up to seven domains of wellbeing which include: social, emotional, intellectual,

environmental, physical, occupational and spiritual wellbeing. To stay well, it is important to tend to these aspects of our lives and to be proactive in managing our sense of wellness. There are five ways to secure positive wellbeing. These are: to stay connected, take time to notice, keep learning, to be active and to give to others. We want all of our families to stay well so would like to share some ideas with you to help you to do that. Please read on...

### 1. Stay Connected

It is so important that we follow the government guidelines for social distancing and self-isolation, if necessary. We know that this is vital to keep others safe. However, that does not mean that it is impossible to stay connected to people that we trust. Feeling connected is important for our mental wellbeing.

Did you know that positive social connection can increase your life expectancy by up to 50%? It also helps to strengthen the immune system – very important in the current climate! With that in mind, make sure that you telephone friends and family and make the most of social media to help you stay connected.

#### TRY THIS...

*Set up a virtual evening with your family or friends.*

*Agree a time to meet virtually using a communication platform (Skype, Zoom, WhatsApp, Facetime etc.) Arrange nibbles and drinks in the same way that you might do if you were having friends around for a meal. If you are feeling really organised, you might even want to all follow the same recipe for a meal made in your own homes and then share the meal virtually.*



#### For Young Socialites

*Agree to read the same book or a particular film to watch and then ask your parents to set up a virtual meeting so that you can talk about what you have read or seen. You could make this a weekly thing...*



Click on this link to learn more about keeping yourself safe during the Covid 19 Pandemic

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>



Remember, excessive screen time can cause eye strain, headaches, insomnia, neck and shoulder pain, tendonitis, carpal tunnel and a sedentary life style so please remember to reap the benefits but also to limit the amount of time that you spend on a screen. Children aged from 2-5 should spend no more than one hour per day on a device.

## FIVE WAYS FOR FIVE DAYS FOR WELLBEING

# 2. Take Notice

*Did you know that taking time to notice can reduce worry anxiety and depression?*

Hopefully you are making full use of technology to stay connected with those that you love so why not use more time to notice other things in your life. To take notice, we need to be present in our lives and become aware of our thoughts and feelings as they arise. This can help us to avoid overthinking about past events or worrying about the future.

### TRY THIS...

Choose one daily activity that you usually do without thinking. For example washing up, cleaning your teeth, feeding a pet etc.

1. Slow the activity down a little
2. Take time to engage your senses and see what you notice.

**To keep yourself well when on a screen notice...**

1. Stand and take a break every hour
2. Notice your posture
3. Avoid eating in front of a screen
4. Avoid backlit screens before bedtime
5. Look at a distant object every 20 minutes away from the screen
6. Stretch while seated in front of a computer.



Have you noticed? When was the last time that you spent time as a family playing a board game? Why not give it a try – it is great fun and a brilliant way to develop children’s reasoning and conversational skills.

# 3. Keep Learning

If we keep on learning as we travel through life, this has been shown to have positive benefits for wellbeing. Not only can learning boost self-confidence, it can also generate a sense of purpose and raise self-esteem. Learning something new requires us to take risks and to sometimes (or often) fail. This helps to maintain a growth mindset and keeps us open to possibilities.

Learning does not have to involve being in a classroom. Perhaps now is an ideal time to take up a new hobby; learn to play an instrument; learn to sing; recite poetry; take up a new sport; learn a foreign language; improve your computer skills or take an online course (many distance learning NVQs are free). Click here to find out more.

<https://askschools.thekillsnetwork.com/>

### Can you solve the riddles?

It has a long neck, A name of a bird, Feeds on cargo ships but is not alive. What is it?

Two fathers and two sons went fishing one day. They caught only 3 fish. One father said that is enough for all of us, we will have one each. How can this be possible?

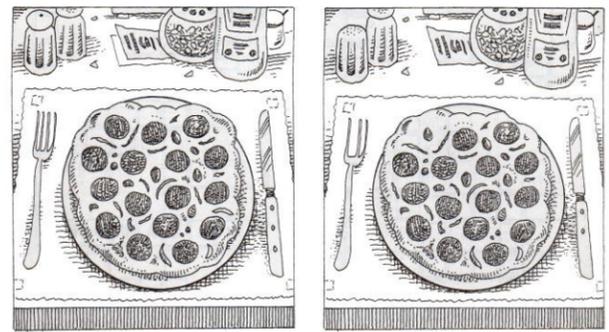
*(answers in next week’s issue)*

### What will you learn this week?

### FOR YOUNG MINDS

**Spot the difference – what do you notice is different about these two pictures?**

See if you can find the eight differences.



*Could you draw your own noticing picture and ask your family or friends to notice the differences?*

# 4. Be Active and keep well

*There are essentially four kinds of physical activity:*



*Take daily exercise*

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Endurance activity</li> <li>2. Activity to improve balance</li> </ol> | <ol style="list-style-type: none"> <li>3. Strengthening activity</li> <li>4. Activity to improve flexibility</li> </ol> |
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The benefits of physical activity are well publicised. However, if the business of life has prevented you from engaging in exercise recently, then proceed carefully. Build up to more strenuous exercise over a period of time and seek medical advice if you need to.

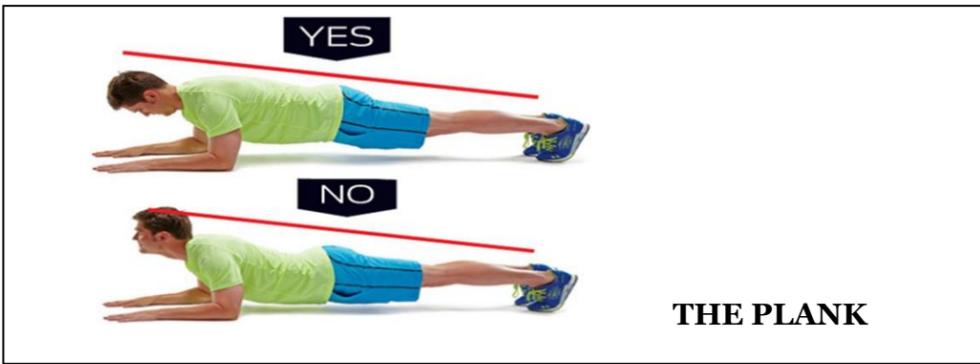
**To maximize the benefits from all round fitness, why don’t you try one, or all, of these on a daily basis:**

### A CHALLENGE...

*How long can you hold the plank for? Let your school know how you get on and we will publish the name of the ‘plank champion’ each week. Can you improve week by week?*

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1. **Endurance** to increase your heart rate – go for a brisk walk each morning. If that is not possible, play a music track and dance.
2. **Strength** – Start with 12 squat thrusts on day one and add additional sets of 6 each day. With a 20 second rest between each set of 12.



3. **Balance** – stand on one foot each day. Start with 30 seconds and increase it by 30 seconds each day.
4. **Flexibility** - Yoga is brilliant to develop flexibility and there are many on-line classes available. Click the link to find a class locally: <https://www.localyogaclasses.co.uk/search/Northamptonshire-Northampton>  
If you prefer some gentle daily flexibility exercises click the control/clink below:  
[www.nhs.uk/live-well/exercise/flexibility-exercises/](http://www.nhs.uk/live-well/exercise/flexibility-exercises/)

## Something for Young Minds

*Spend five minutes every day trying to learn a poem off by heart. This is a really good way to improve your working memory (which will help when you get back to school). Here is one to start you off. How long will it take you to learn?*

## ‘Where Do All The Teachers Go’

A poem written by Peter Dixon

Where do all the teachers go  
When it's four o'clock  
Do they live in houses  
And do they wash their socks?

Do they wear pyjamas  
And do they watch TV?  
And do they pick their noses  
The same as you and me?

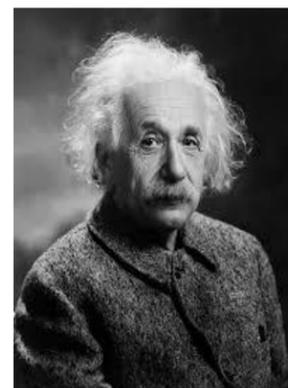
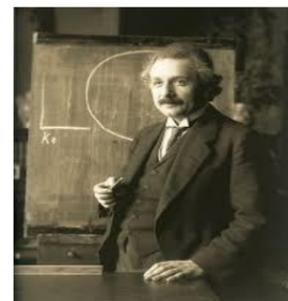
Do they live with other people  
Have they mums and dads?  
And were they ever children  
And were they ever bad?

Did they ever, never spell right  
Did they ever make mistakes?  
Were they punished in the corner  
If they pinched the chocolate flakes?

Did they ever lose their hymn books  
Did they ever leave their greens?  
Did they scribble on the desk tops  
Did they wear old dirty jeans?

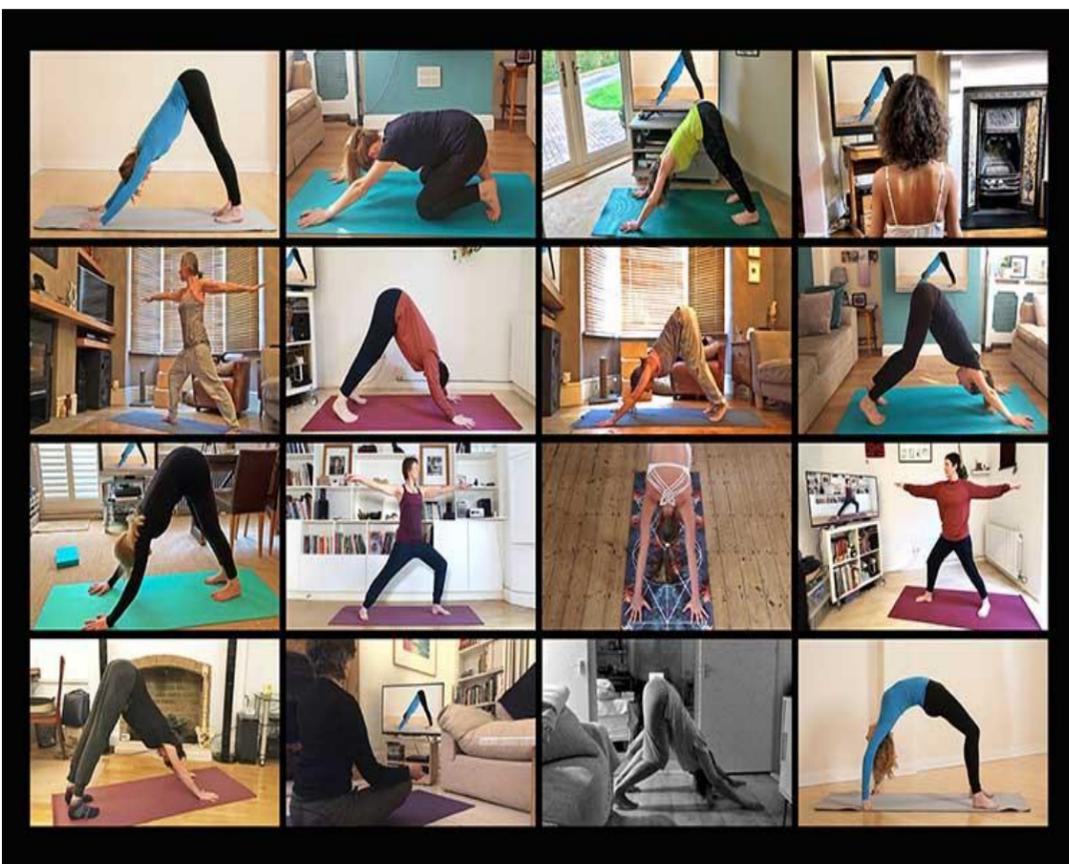
I'll follow one back home today  
I'll find out what they do  
Then I'll put it in a poem  
That they can read to you.

*“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.”  
(Albert Einstein)*



For more fun poems to learn go to:

<https://www.familyfriendpoems.com/>



Safety all ages is important. On line safety is becoming increasingly important for children and young people.

Click the link below to find out more about keeping safe.

<https://www.thinkuknow.co.uk/>

# FIVE WAYS FOR FIVE DAYS FOR WELLBEING

## A RECIPE FOR HEALTHY BITES

### INGREDIENTS

- 60 g sunflower seeds
- 70 g pumpkin seeds
- 30 g chia seeds
- 30 g shredded coconut
- 40 g brazil nuts
- 40 g almonds
- 30 g hemp seeds
- 1 tbsp. cinnamon
- 40 g cacao powder
- 270 g medjool dates, pitted
- 60 ml coconut oil
- 1 tsp. vanilla extract
- 80 ml rice malt syrup
- desiccated coconut for rolling

*A blender or food processor helps but these can be made in a bowl*

*Try this healthy recipe for an energy boost*



### DIRECTIONS

Place the sunflower, pumpkin, chia seeds and shredded coconut into a processor or blender and pulse until a fine meal is formed. Put in the brazil nuts and almonds and pulse once or twice until they are crushed but not powdered.

Transfer to a mixing bowl and add the hemp seeds, cinnamon and cacao.

Now place the dates, coconut oil, vanilla and rice malt syrup into the processor and blend until smooth.

Place the liquid ingredients in the bowl with the dry ingredients and combine – you may need to get hands on and really mush the ingredients together if mixing with a spoon is not doing the trick (just make sure you wash your hands first!). Add a tablespoon of water if the mixture is too dry.



Did you know that food that are rich in nutrients (superfoods) are mostly plant based and include: raw nuts, broccoli, quinoa, beans, berries, green tea, blueberries, kale and salmon.

## SPIRITUAL WELLNESS

*For each new morning with its light.*

*For rest and shelter of the night.*

*For health and food.*

*For love and friends.*

*For everything*

*Thy goodness sends.*

*Father in heaven*

*We thank thee.*



## 5. Give...

It is important to remember that it is not possible to drink from an empty cup so make sure that you tend to your own wellbeing as well as giving to others.



*There are many ways that we can give to others. These do not have to be grand gestures. Often, it is the small things in life that make the most difference. As a family, why not try starting a daily 'giving' to help secure your sense of wellbeing. This might include some of the following:*

- Giving a family member a (genuine) compliment every day
- Phoning someone who you haven't spoken to for a long time
- Volunteering to do something without being asked
- Doing one extra chore in the house that is usually someone else's job
- Treating the family pet to an extra walk or cuddle
- Giving your full attention by listening more carefully...

**Prosocial behavior such as empathy and kindness not only helps others, it also has a positive effect on your own mental health.**

Giving to others can help to stimulate the reward centers within our brain and can evoke positive feelings. Not only can we build positive relationships through giving, we can also improve our own sense of self-worth and create a sense of purpose.

**TRY THIS – FOR YOUNG (AND MATURE) MINDS...**

**Gratitude...**

At the end of the day sit together and notice one thing that made you feel positive about yourself. Perhaps it is something that you did, something that you noticed or achieved. Say it out loud, share it with a family member or, even better if you write it down to remind yourself of how amazing you really are!

Also, find one thing that you feel grateful for. It might a sunny day or a kind word from someone. The fact that you are healthy or that your family loves you. No matter how big or small, bring it into awareness by writing in in a journal. Being grateful will really support your sense of wellbeing.



*Who in your local community could do with a little more assistance?*