

# Mental Health Monthly



Mental Health Awareness week is the 10-16<sup>th</sup> May and the theme is connecting with nature. Connecting with nature is not just about the amount of time we spend outdoors; it is also about building a relationship with nature by noticing and becoming sensitive to what is around us. We use our senses to do this– such as noticing the different cloud shapes in the sky, smelling the scents of flowers and listening to the birds chirping in the trees.

Encouraging your child or young person to build in opportunities to connect with nature in everyday life can improve both the health of their bodies and their minds. Some ideas:

- **Inspire curiosity** - Being curious yourself can inspire your child or young person to question and take notice of their surroundings. If you go out for a walk together or even if you are just looking out your window, comment on the nature you see.
- **Turn to books** and other resources
- **Put technology on hold** and get outside
- **Empower their ideas** - Give your child or young person the space and encouragement to explore their ideas and interests. It's important for them to find out what they enjoy and how they like to connect with nature. If that means getting a little muddy or wet playing outside, then try to encourage that, even if it means an extra load of washing!
- **Get creative** - Nature inspires many people to be creative, be it through painting, drawing, photography or writing.
- **Connect with others** - Nature can be enjoyed with others. Encourage your child or young person to think about activities they could plan with others like going for a walk with a friend, playing football, having a picnic outside or joining a community gardening group.
- **Nurture nature** - Teach your child or young person to look after the nature around them, and think about ways they can protect it, both closer to home and on a wider scale. Even something as simple as growing herbs at home, will help your child or young person to connect their actions to positive effects, such as watering plants helps them grow
- **Slow down and be mindful** - Try and encourage your child or young person to practice being in the moment and use all their senses to engage with the natural world around them.

The [Ten Keys to Happier Living](#) are based on a review of the latest research from psychology and related fields. Everyone's path to happiness is different, but the evidence suggests these Ten Keys consistently tend to have a positive impact on people's happiness and well-being.

The first five keys (GREAT) are about how we interact with the **outside** world in our daily activities.

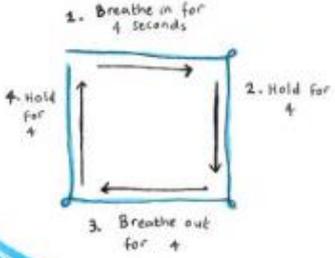
The second five keys (DREAM) come from **inside** us and depend on our attitude to life.



## Grounding Techniques

These are simple actions you can take which can help you if you are feeling anxious. These are great ideas here - why not give them a try!

### Square breathing



### Talk to someone you trust



Talking about anything can help take your mind off whatever is worrying you.

### Go through your senses

Name...

- 5 things you can see 
- 4 things you can touch 
- 3 things you can hear 
- 2 things you can smell 
- 1 thing you can taste 

## Action for Happiness Calendar

This month's theme is all about reflecting on what gives our life meaning. Being a part of something bigger than ourselves and focusing on things that we value is key to our wellbeing. So let's take time to reflect on what we care about this month and keep these things at the front of our minds as our societies begin to open up again.

Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS
Happier · Kinder · Together

### Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or well-being, then please let school know. There will be things that we can do to help and support you.

Miss Snelgrove