

# Lancashire Mind's

## weekly wellbeing newsletter



w/c 22nd June 2020

This week's theme is: The importance of looking after our wellbeing

We all know the importance of a healthy diet for our physical health, and you've probably heard that we should eat 5 fruit and veg to look after our bodies. Looking after our own wellbeing is just as important. We all have mental health, just as we all have physical health, and it is our responsibility to look after it. Wellbeing simply means 'the ability to feel good and function well'. Now, at a time when people are having to stay home and social distance, the '5 Ways to Wellbeing' are really important to help us all manage our mental health during the coronavirus crisis.

### Children and Young People

#### *'#5Ways'*

Look on [page 2 & 3](#) for more info on what the 5 Ways to Wellbeing are, and how you can use these simple ways to increase how you're feeling in the present moment. Doing each of the 5 Ways everyday can increase our overall feelings of good mental health, so give them a try over the next 2 weeks!

### Staff

#### *'The role of schools'*

Over the course of their education, children spend over 7,800 hours at school. With such a huge amount of time spent in the classroom, schools provide an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes and signs of mental distress. The social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives. [Page 4 has more tips and support for schools on how to introduce wellbeing now, and when pupils return to school.](#)

### Parents/Carers

#### *"What are the 5 Ways to Wellbeing?"*

[Have a look at page 5 & 6 for what the 5 Ways mean in practical terms.](#) Since the launch of The New Economics report in 2008, the five ways to wellbeing have had an enormous reach nationwide. They have been used to inform evaluation frameworks in school curriculums and local authorities and used in practice by General Practitioners, mental health commissioners, church groups, voluntary organisations and civil service departments.



Follow us on social media - @lancsmind  
Find more resources for Children and Young People, Adults and Parents on our website:  
[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)

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# The 5 Ways to Wellbeing

## 1. Connect



## 2. Be active



## 5. Give



## 4. Take notice



## 3. Keep learning




The Five Ways to Wellbeing are a set of evidence-based actions which promote people's wellbeing. They are: **Connect**, **Be Active**, **Keep Learning**, **Take Notice** and **Give**. These activities are simple things we can all do in our everyday lives. *Look on the next page to see what you can be doing to increase your own wellbeing during lockdown!*



#HappierLancashire  
@LancsMind #5Ways



# #HappierLancashire

The 5 Ways	How can I use them during lockdown?
<p>1. Connect</p> 	<p>Who have you talked to today? People at home? Online with friends? There are loads of way we can stay connected with people, we just have to get inventive! Write a postcard to a friend, or send a letter to a relative!</p>
 <p>2. Be active</p>	<p>What activities have you done during lockdown to be active? Remember - this doesn't mean running a marathon every day! Helping out with some chores, going for a walk, or even doing some gardening counts!</p>
 <p>3. Keep learning</p>	<p>In school, you are always learning - but how have you adapted this at home? Have you learnt new skills such as cooking, a new language, or even something about yourself you didn't know you could do before?</p>
<p>4. Take notice</p> 	<p>You may also think of Take Notice as mindfulness, which is about being aware of what is happening around us, not just the thoughts in our head. Have you noticed something about your surroundings you hadn't before? Nature provides us with lots of things to take notice of - have a go next time you're out!</p>
<p>5. Give</p> 	<p>Giving to others can help build relationships and support networks. It doesn't have to be a large gesture, or something that costs money, small acts of kindness can go a long way. Show appreciation to others for all that they do, or give someone a compliment!</p>

## 1. Connect



## 2. Be active



## 5. Give



## 4. Take notice



## 3. Keep learning



Lancashire Mind's campaign 'Happier Lancashire' is aimed at both primary, secondary and SEND pupils, to learn and incorporate the 5 Ways to Wellbeing into everyday life. We offer *free 30 minute workshops* in all schools and community groups, discussing the importance of good mental wellbeing, and practise using the 5 Ways to increase mood and wellbeing.

Get in touch to book a session for the 20/21 school year -

[happierlancashire@lancashiremind.org.uk](mailto:happierlancashire@lancashiremind.org.uk)

HRH The Duchess of Cambridge gave an assembly last week on the theme of 'spread a little kindness' and it is based on a lesson plan developed by Place2Be which is available on the [Mentally Healthy Schools platform](#). The assembly encourages children to explore ways in which they can show kindness and recognise the benefits of kindness to others.



*Returning to school after a crisis:* a short blog on one teacher's reflections on her experience working in a school in Thailand before, during and after the Boxing Day tsunami.

This free booklet provides advice and guidance for *school* staff about how to help children and young people manage their mental health and wellbeing during and after lockdown

**Responding to the coronavirus: resources for mental health and wellbeing**



Improving children's mental health

Place2Be have released lots of ideas for primary and secondary school staff to plan activities that can boost pupils' wellbeing on their return to school.

# The 5 Ways to Wellbeing

## 1. Connect



People with supportive friends and family generally have better mental and physical health than those who lack these networks. This also extends to people who take part in churches, clubs and voluntary organisations. Overall strong social ties are fundamental to increasing self-esteem, inhibiting stress and acting as a buffer against poor mental health.

Increased physical activity has consistently demonstrated an increase in wellbeing, as well as having a beneficial effect on symptoms of depression. Research evidence shows that young people who participated in physical activity score significantly lower on stress and higher on happiness scales; office employees with increased levels of physical activity demonstrate an increase in productivity alongside well being; increasing volumes of physical activity are associated with higher levels of happiness, with bouts of exercise for less than just 10 minutes a day leading to improvements in mood.



## 2. Be active

## 3. Keep learning



The continuation of learning through adult life is positively associated with increased self esteem, social interaction, life satisfaction and optimism. Research indicates that engaging in work or educational activities help to reduce symptoms of depression in the elderly. Whilst research acknowledges that learning may have both a positive and negative impact on an individual's wellbeing, findings are more weighted towards its positive impact on resilience and wellbeing.

# The 5 Ways to Wellbeing

Being aware of the present moment and broadening awareness on an interpersonal level has been shown to predict positive mental states, self-regulated behaviour, heightened self-knowledge and reduce stress - all of which contribute to better wellbeing. Increased awareness contributes to an individuals self-understanding and enables people to make choices that are in line with their own intrinsic values. U.S. Military practice of 'hunting the good stuff' shows the benefits of taking notice. 'Hunt the good' stuff involves officers taking notice of three good things that have happened to them throughout the day and then recording this in a gratitude journal, with outcomes showing a significant improvement in wellbeing after a period of just 2 weeks.

## 4. Take notice



Literature has consistently indicated that giving to others leads to increased happiness, self-esteem and feelings of social connection. Children younger than two years old have been found to exhibit greater happiness when giving treats to others than receiving treats themselves. For people aged 65 and over, volunteering is associated with more positive affect and more meaning in life, while offering support to others has been shown to be associated with reduced mortality rates. Whilst giving money and time have been both been associated with positive wellbeing; a review conducted in 2016 demonstrate that people who give time experience greater happiness than people who give money.

## 5. Give



## Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

## Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

## Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindslsc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

## Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

## Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 / 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356