



Manor Academy
Aspire Achieve Excel

Well Being Matters

Issue 13 – 13 July 2020

Happy Monday morning everyone. Here is issue 13 of our student well being newsletter.

As we near the summer holidays, lots of people have said to us that it won't feel like the normal school break as we've been away for so long already. Some of these people have also asked for techniques that they can use to help them feel more positive. One of the strategies that has been so useful to many of our students is mindfulness.

Lots of students feel quite silly trying mindfulness at first, but once they do, they feel much better about themselves and much more positive.

Mindfulness is a way of paying attention to the present moment, using techniques like meditation, breathing and yoga. It helps us become more aware of our thoughts and feelings so that, instead of being overwhelmed by them, we're better able to manage them. Why don't you give it a go?

Stay Safe! Mrs Meredith:-)

How can mindfulness help?

Mindfulness can be used as a tool to manage your wellbeing and mental health. We all have times when we feel down, stressed or frightened; most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us.

It's important to maintain your mental health, but being mentally healthy doesn't just mean that you don't have a mental health problem. Think of mental health as a long line from mental health problem all the way up to mentally well and strong. We all slide up and down this scale depending on what is happening at any point in our lives.

With good mental health, you can:

- Make the most of your potential
- Cope with life
- Play a full part in your family, education, community and among friends.

Your worries:

Remember you can contact us on this email if you need any support with your well being: wellbeing@themanor.notts.sch.uk

One minute mindfulness techniques

Mindfulness can be used in your everyday life and doesn't have to take a lot of effort or time. You can practise mindfulness in just one minute! All of you can spare one minute a day to give one of these techniques a go! Don't feel embarrassed and think of the benefits that can be gained :-)

Breathing

Take a minute to observe your breathing. Breathe in and out as you normally would: notice the time between each inhalation and exhalation; notice your lungs expanding. When your mind wanders, gently bring your attention back to your breath.

Body scan

Close your eyes and begin scanning your body. Start with your feet, and then slowly bring your awareness upwards in your body until you reach your hands. What sensations do you feel? Heaviness in the legs? Strain in the back? Perhaps no sensations at all. Now move your focus out from the hands and become aware of your environment and the space all around you.

Mindful walking

Walk slowly: become aware of the sensations in the soles of your feet as they make contact with the floor, and any sensations in the muscles of the legs. You don't have to look down at your feet. When your mind wanders, use the contact of the feet on the floor as an anchor to bring you back into the present moment. Just take a minute to focus on the sensations generated by walking.

Mindful listening

Take a minute to listen to the sounds in your environment. You don't need to try and determine the origin or type of sounds you hear, just listen and absorb the experience of their quality and how it resonates with you. If you recognise a sound then label it and move on, allowing your ears to catch new sounds.