



Manor Academy
Aspire Achieve Excel

Well Being Matters

Issue 7 – 1 June 2020

Good morning and welcome to issue 7 of our well being newsletter.

As we start the last half term of the year, we hope that you are all still trying really hard with the work that is sent to you, as well as finding ways to relax and have fun. I'm currently being nagged by my kids to finish writing this newsletter so that they can drench me in the paddling pool again!! Funnily enough, I think it might take me ages to finish it ;-) Stay Safe! Mrs Meredith :-)

Exercise

Everyone recognises the importance of exercise, which is why during lockdown we have always been encouraged to get out and exercise.

Exercise has a powerful effect on our immune systems:

- It boosts our antibodies
- Helps repair tissues
- Releases endorphins – the chemicals that are natural painkillers
- Produces cortisol – a natural anti stress hormone and one that helps us regulate release sugars from our diet when we need it.

Fact: if we exercise in the presence of the colour green it super boosts all the health giving properties of exercise, so outdoor exercise is considered more effective.

Your worries:

Remember you can contact us on this email if you need any support with your well being:

wellbeing@themanor.notts.sch.uk

KINDNESS

In this strange time for everyone it is helpful to think about the many things we can do for other people to inspire kindness in unforeseen times. Not only does kindness help the mental health of others but it also boosts your own.

Doing good does you good too!



- Helping others feels good**, it can promote physiological changes in the brain linked to happiness.
- Finding something we can do to help, makes us feel **more in control and useful**.
- Encourages others** to show kindness and contributes to a more positive community.
- Creates a sense of belonging as we connect with our community and **can reduce loneliness and isolation**
- Helping others especially those who are less fortunate than yourself can help to put things into perspective and **make you feel more grateful and positive**.