

Hi all

In times like these, we can often forget how important it is to try and maintain our own happiness and wellbeing. It's not only important for ourselves, but also our family, friends, colleagues and many of those who depend on us. Staying positive and trying to implement little things like physical exercise, a healthy diet or getting a good night's sleep, can have big



results. We hope to help everyone to think about some of the positive steps they can take to establish and keep good mental wellbeing. That's why we will be sending out weekly Wellbeing Wednesday emails which will be linked to each of Mind's Five Ways to Wellbeing – Connect, Be active, Take notice, Learn, and Give. Each week will focus on one area, starting with Connect for Week 1.



### Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.



It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

### Staff:

- Make a phone call to a family member or friend you have not spoken to in a long time
- If you are working from home, make a call instead of emailing
- Join the Britain Get Talking Campaign, [www.itv.com/britaingettalking](http://www.itv.com/britaingettalking)
- Put five minutes aside to find out how someone really is
- You could also sign up for the TeachTogether Text Service from the Chartered College and Behavioural Insights Team. It will provide weekly support, advice and links [https://chartered.college/teachtogether/?utm\\_campaign=1355767\\_3.%20March%202020%20All%20members%20Newsletter&utm\\_medium=email&utm\\_source=Chartered%20College%20of%20Teaching&dm\\_i=449V,T247,4VQGGs,310P8,1](https://chartered.college/teachtogether/?utm_campaign=1355767_3.%20March%202020%20All%20members%20Newsletter&utm_medium=email&utm_source=Chartered%20College%20of%20Teaching&dm_i=449V,T247,4VQGGs,310P8,1)
- Share a book, read a bedtime story to your children.
- Connect with the world around you, as part of your short daily exercise go for a walk and try to find a bit of green space like a park, with plenty of fresh air (keeping a safe distance from others). As you're walking around, look for five things you can see and describe them to yourself silently. Next, listen for five things you can hear and do the same. Repeat this for things you can smell and things you can touch. You'll find that you've taken a break from thinking about stresses and strains, as well as getting some exercise, and that you've reconnected with the world. You can do this any time your thoughts are getting too noisy, and you don't even have to go outside - it works in your home too!
- Make the most of technology – video chat apps like Skype and FaceTime are a great way of staying in touch with friends and family, particularly as everyone is isolating to stay safe.
- Take 10 minutes to play with your children try playing with clay or maybe trying out a kitchen activity like cooking together or kneading bread dough. For children who like physical touch try doing neck or hand massage.
- Play one of the conversation games (See below)

### Parents:

- Make a phone call to a family member or friend you have not spoken to in a long time
- If you are working from home, make a call instead of emailing
- Join the Britain Get Talking Campaign, [www.itv.com/britaingettalking](http://www.itv.com/britaingettalking)
- Take five minutes to find out how someone in your family is really feeling or talk to your children about how they are feeling. Really try and listen to what they are saying.
- Share a book, read a bedtime story to your children.
- Connect with the world around you, as part of your short daily exercise go for a walk and try to find a bit of green space like a park, with plenty of fresh air (keeping a safe distance from others). As you're walking around, look for five things you can see and describe them to yourself silently. Next, listen for five things you can hear and do the same. Repeat this for things you can smell and things you can touch. You'll find that you've taken a break from thinking about stresses and strains, as well as getting some exercise, and that you've reconnected with the world. You can do this any time your thoughts are getting too noisy, and you don't even have to go outside - it works in your home too! Get your children to do this too and talk about what they can see, hear, smell.
- Make the most of technology – video chat apps like Skype and FaceTime are a great way of staying in touch with friends and family, particularly as everyone is isolating to stay safe.
- Take 10 minutes to play with your children try playing with clay or maybe trying out a kitchen activity like cooking together or kneading bread dough. For children who like physical touch try doing neck or hand massage.
- Play one of the conversation games (See below)



### Students:

- Make a phone call to a family member or friend you have not spoken to in a long time
- Join the Britain Get Talking Campaign, [www.itv.com/britaingettalking](http://www.itv.com/britaingettalking)
- Take five minutes to find out how someone in your family is really feeling or talk to your parents about how you are feeling. Really try and listen to what they are saying.
- Read a book with your brother, sister or mum and dad.
- Connect with the world around you, as part of your short daily exercise go for a walk and try to find a bit of green space like a park, with plenty of fresh air (keeping a safe distance from others). As you are walking around, look for five things you can see and describe them to yourself silently. Next, listen for five things you can hear and do the same. Repeat this for things you can smell and things you can touch. You'll find that you have taken a break from thinking about everything else. As well as getting some exercise, you have reconnected with the world. You could also do this around your home or in your garden if you have one.
- Play a board game with a member of your family or why not bake something together.
- Play one of the conversation games with a member of your family.

### 5 Classic Conversation Games

#### Name Ten

Name 10 is a classic conversation game. One person declares a category such as Fruit and the other players must come up with 10 examples of that category. The person who came up with the category gets to determine whether the examples fit.

**A my name is Alice**

In this conversation game each person takes turns adding a name and a thing in alphabetical order. The first person might say: A my name is Alice and I like apples, and the next person could say A my name is Alice and I like Apples, B my name is Bobby and I like bears and so the game goes with each person reciting and adding to the chain.

•If you have young children you can drop the recitation of what others have said and just have them do the next letter so it could be the first person says A my name is Ann and I like airplanes and the next person says B my name is Ben and I like balls.

•If you have older children try having each person add to each letter as they recite. the first person could say A my name is Abigail and I like aliens, the next person must not only do their own letter but add to the previous letters A my name is Abigail and I like aliens and atoms, B my name is Betty and I like bananas.

### Fact or Fiction

In this game each person takes turns telling two things that are true about themselves and one thing that is not, the other players must then guess what is fact and what is fiction. Younger kids may not quite 'get' this conversation game, but often their additions to the conversation are hilarious anyhow.

### I Spy

This game traditionally starts with the phrase I spy with my little eye something... and then one descriptor is added such as red, smaller than a mouse, made out of wood, that begins with the letter... The other people take turns trying to guess what the item is. The person who guesses then gets to be the "spy".

With younger children, it goes well to be totally obvious like, "I spy a big yellow M." The fun for them is in the spotting, and this makes it easier for them to be the "spyer" too.

### Questions Only

Everything anyone says must be stated in the form of a question. This conversation game is incredibly simple, has no real winner or concrete ending, it will keep you giggling and like it or not it may just crop back up hours after you thought it was finished.



<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

<https://martyneah.wordpress.com/>