

Codnor Community Primary School

Wellbeing



Newsletter

December 2022



It's the most wonderful time of the year! With so much to do and so little time, it's never been so important to look after your wellbeing. Remember... you can only do so much!

Key Dates

Time to Talk Day...2nd February

Children's Mental Health Week...6th-12th February

Safer Internet Day...7th February



The team at Mind have put together some wellbeing Christmas stress-buster tips. We hope you find them useful.

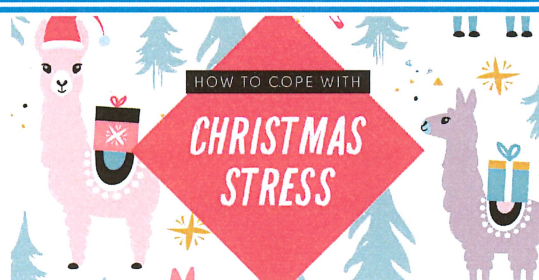
- Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything. Don't be afraid to cancel plans if you're not feeling up to it. Sometimes you need to put yourself first - *Laura*
- If you're someone who tends to take on too much, the demands of Christmas can make this even worse. Remember you can only do so much, stop if it's becoming too much and just try to relax and look after yourself - *Laura*
- In between all the social arrangements, make sure you have a day to hang out at home in your pyjamas. Christmas is the season of hanging out in your pyjamas - *Laura*
- Make sure you're not too house-bound and spend all the time eating and drinking! A brisk walk outside is a nice way to spend time with loved ones, or a day trip somewhere. Things can get quite intense if you're stuck in the house all the time, and a bit of exercise helps too - *Sara*
- Don't compare yourself and your Christmas with the representations of perfect Christmas moments on social media or on adverts. Remember that everyone is only sharing the good bits and that we don't know what is going on behind the scenes. Don't get sucked into measuring your experience against something that's ultimately fake - *Claire*
- Make sure you take some time out after Christmas to do something you really want to do, no matter how small - *Vicki*
- Think about what you want to get out of the Christmas break; don't feel like you have to do or be anything because it's expected - *Jay*



Are you Home Alone? The Grinch? A Miracle on 34th Street? Or The Nightmare Before Christmas?

Whatever your movie choice, grab a blanket, a big mug of your favourite hot chocolate and some tasty snacks, then snuggle down to watch your favourite Christmas film.

And relax...



Breathe like Santa!

Breathing exercises really focus the mind and are a useful way to help children (and adults) feel calm and happy.

Take a deep breath in, hold it for a moment...then slowly let it out with a
Ho...Ho...Ho...

It may feel silly at first but it definitely helps release stress and worry at this busy time.



We would like to wish you all a wonderful Christmas and a very Happy New Year.