Wellness Wednesday

How are you feeling today? Are you well? Wellness isn't just about healthy eating. It is a state of health in both body and mind. Sleep, our eating habits and fitness, managing our feelings, stress levels and school/work life can all affect our wellness.

Sometimes it's hard to find the right balance but today we are going to learn about, practise and do lots of nice things that will improve our wellness……today and everyday! We will go into a little more detail about healthy habits on Feel Good Friday so today let's take a look at some of the most important parts of wellness:

our **emotional** and **social wellness**.

Emotional wellness doesn't mean being happy all the time. It's the ability to recognise and cope with emotions, good or bad. It's a lifelong journey as new challenges are thrown our way. As humans, we're never done. We're constantly learning and evolving- even as adults!

Humans are social creatures, and relationships are essential to maintaining wellness and health. Becoming a clear communicator helps you manage your time and your life, to feel good about yourself, and to build trustworthy relationships with others.

Today's Wellbeing Action Plan:

- Today I invite you all to dress in your most colourful clothes! Sometimes on our darkest days, we can help to lighten our mood with little acts of kindness and compassion to ourselves. Choosing to dress in colourful clothing sets the tone for a bright start to your day! Enjoy bringing colour into the day of others too ☺

- Resilience Box: This is going to be your 'go to' box for when you are having a moment or a day where you need a little bit of support or comfort. In this box you should put special tokens from your life such as a favourite photograph, a drawing, prayer, comfort toy or blanket, some chocolate or even a favourite movie or cd! Write a positive letter to yourself mentioning at least 5 things that is AMAZING about you ☺

- Loving Kindness Meditation: Today we are focusing on inviting love and happiness into our hearts and to share this feeling for all beings in this world:
https://www.youtube.com/watch?v=YRwQrzogy-g

- Time to Talk: Take a few minutes out of your day to sit and ask someone in your house or family how they are doing. Listen to their feelings with all your attention and focus. It's lovely to show an interest in those that look after us and give us their love.

- Milkshake Breathing: When we feel those strong negative feelings it can sometimes lead us to reacting, rather than responding. A great little trick to help us take control of our emotions is to take a breath, slow down the heart rate and welcome that calm feeling into our bodies. Milkshake breathing is a fun technique to use to help regulate these tough emotions. Plusyou get to blow lots of bubbles and make a little mess too!! You will need a straw and a cup/glass of water only filled halfway. To start, take a nice slow breath in through your nose for 5 seconds. Then, using your mouth, release your breath through the straw and into your glass for 5 more seconds. Watch those bubbles form!!! This is repeated as much as needed until you are feeling better ☺

BUILDING RESILIENCE

FAMILYWELLNESSPROJECT

TOP TIPS

Resilience is our ability to cope in the face of adversity, trauma or stress. This is something we begin to learn in childhood.

Here are some top tips for helping children build resilience.

- Remember, bad feelings don't last, have a purpose and prompt us to do things differently.
- Try to normalise setbacks. Help your child to see that it is not unusual to have difficulties in life.
- Help them to see that problems can be solved.
- Encourage young people to keep things in perspective – the problem is usually confined to only one part of their lives.
- Remember the value of humour – laughing can be a great release (but only if it is well-intentioned).
- Encourage children/ young people to accept responsibility for their actions.
- When reading stories, or discussing events, point out how people manage to overcome difficulties.
- Remember that learning is often frustrating. Encourage children/ young people to persist and believe they can get there.
- Provide support. Help them to see there are people who care about them and can give them help and advice when needed.
- Create a positive environment emphasising the importance of relationships and having a sense of purpose.

For more resources on mental health visit www.parentingni.org/family-wellness-project

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