

# Time to Talk – Penpol School Mental Health Hub Newsletter

Thursday 11<sup>th</sup> February 2021

Welcome to our new Mental Health Hub Newsletter!

Each week we will bring you lots of ideas for practical ways you can improve the mental health and wellbeing of yourself and your family. Your ideas and feedback are always welcome so please do get in touch: [tis@penpol.cornwall.sch.uk](mailto:tis@penpol.cornwall.sch.uk)

## Time to Talk



Every Thursday Rachel Perris, our school coach, runs friendly group sessions via Zoom which you are very welcome to join. Alternatively, we offer individual sessions with one of our team and someone is always available for a chat – just get in touch.

### Resilience:

Find a way to bounce back. How we respond to stress, failure or trauma has a big impact on our wellbeing. Focus on what you can control: seek support and try to reframe your thinking.

## Get your 5 a day...

<b>Connect</b>	Have a family quiz or board game night – get everyone around the table or connect over a video call.
<b>Be active</b>	Go for a walk or bike ride somewhere new or try the Sustrans Challenge <a href="https://www.sustrans.org.uk/campaigns/outside-in/outside-in-week-1/outside-in-week-1-challenge">https://www.sustrans.org.uk/campaigns/outside-in/outside-in-week-1/outside-in-week-1-challenge</a>
<b>Keep learning</b>	Try a new recipe over half term and make it together.
<b>Take notice</b>	Go for a nature walk and see what signs of spring you can spot.
<b>Give</b>	Do a 2 minute beach clean – remember to wear gloves.

## Creative Corner

We all need positivity to feel good about ourselves and often forget how amazing we are. You can use pebbles that you have collected or cut out a pebble from paper or card. Take your time and think of encouraging, positive words to put onto your pebbles. Read your positive pebbles when you feel that you need a little boost of positivity. Coat with waterproof varnish if you want to put them outside. We'd love to see your finished pebbles!



## Wellbeing Calendar – Try one of these each day

Today make time to do something kind for yourself	Write a list of things you feel grateful for	Count how many people you smile at today	Find 5 minutes to sit still and just breathe	Ask someone else about things they enjoy	Play a game you enjoyed when you were a child	Take a small step towards an important goal
---	--	--	--	--	---	---