



Mental Health and Wellbeing Newsletter

Edition 1

St Mary's Catholic Primary School

Learning and Living Through Faith



Edition 1- Welcome

Welcome to the first edition of our school's Wellbeing Newsletter! Each month, we'll share resources, ideas, and updates designed to support the mental health and wellbeing of our school community.

We know that conversations around mental health and wellbeing can sometimes feel difficult, but they are so important. By acknowledging and supporting both our own wellbeing and that of others, we can continue to build a caring, connected, and resilient community for our children.

Mental Health

Is... ISN'T...

- Real
- Something everyone has
- Intrinsically linked to (+ probably inseparable from physical health)
- Important for all
- Something that needs care
- Part of being human
- Complicated
- Fluctuates
- Something we need to look after
- Important

- Shameful
- A sign of weakness
- All in your mind
- Something negative
- Stable
- All in your head
- A taboo
- An interchangeable term with mental illness
- Constantly feeling good
- Something you can snap out of
- Fake news



"Cast your cares onto the Lord and He will sustain you."

Psalm 55:22

What is Mental Health?

Mental health is critically important for everyone, everywhere, and goes beyond the mere absence of a mental health condition.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Promoting and protecting mental health is also critical to a well functioning society. It fosters social capital and solidarity, which are essential during times of crisis. (World Health Organisation 2022)

Recognising difference: What can help?

Be aware of your own identity and potential 'blind spots'

Be genuinely curious

Approach conversations as an opportunity for learning

Educate yourself - seek out information and don't rely on others to do it for you

Seek feedback and check things out
Developing a strong "therapeutic" relationship of trust, empathy, respect and acceptance

Be aware of not denying or minimising someone's experience

What's in your stress container?

We all carry what's called a *stress container*. Throughout the day, this container can fill up as we encounter different pressures and challenges. Everyone's container is a different size—some people may be able to hold more stress than others—and it's important to keep this in mind when supporting ourselves and those around us.

When our container starts to overflow, we may feel overwhelmed. That's why it's helpful to find healthy ways to release some of that stress. Here are a few simple strategies:

- Get active and move your body
- Listen to music you enjoy
- Take a relaxing bath
- Talk things through with a friend
- Spend time on a hobby you love

The key is to notice what works best for *you* and to make time for those activities.

And most importantly—remember to be kind to yourself. We all have difficult days, and taking small steps to care for our wellbeing makes a big difference.



Here are some websites to support you with topics surrounding children's mental health:



<https://www.kooth.com/>

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-manage-and-reduce-stress>