

Working on our wellness at Wheatley Lane

Newsletter number 2

#wheatleylanewellbeing

Welcome to our second wellbeing newsletter for parents and carers.

As the nights get a little lighter and the weather gets a little brighter – focus on the little there!!
We may be feeling a little bit more optimistic about getting out more.

I know when I am taking the dog in the morning for our run, I can see a glint of light and that makes me feel so much better.

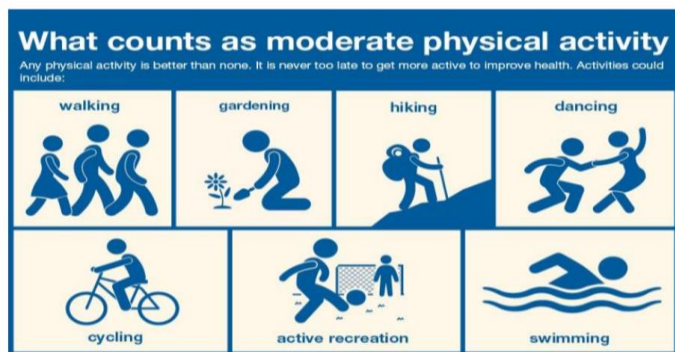
It got me thinking again about what being ACTIVE can mean for our mental health – one of the 5 ways to wellness:

What you do with your body can have a powerful effect on your mental wellbeing.
Mental wellbeing means feeling good – both about yourself and the world around you.
Being active doesn't mean you need to spend hours in the gym, if that doesn't appeal to you.

Find physical activities you enjoy and think about how to fit them into your daily life.

Maybe for you it is to take a 10 -20 minute walk, or use a skipping rope to take part in a 2 minute skipping challenge – I have tried this at playtimes and am rubbish at doing the jumpy in thing when the skipping rope is already turning - but it was fun to have the children teach me!

What do you do to keep active? It would be great to have some inspirational photos to share on the Wellbeing board and on our Facebook page to show how we help ourselves. This would be especially useful as the WELLBEING AMBASSADORS will be working with the infant children on 'being active' in the playground some lunchtimes and present some ideas to the junior children that they could try.



Physical Activity Turns on the Brain



"Plasticity in the brain is important for learning, memory & motor skill coordination"

Research/scan compliments of Dr. Chuck Hillman University of Illinois

This month's Action for happiness calendar.



BEING ACTIVE MAY LEAD TO..... MORE SLEEP NEEDED?

WORLD SLEEP DAY Friday 17th MARCH

The theme for this World Sleep Day is *Sleep is Essential for Health*. Just like eating well and exercising, sleep is a behaviour that is foundational to one's physical, mental, and social well-being. World Sleep Day is an opportunity for us to think how good is our own sleep?

We all need to sleep well to help our bodies recover from the day. Sometimes I am absolutely shattered and still wake up in the night thinking about things.....

Top Tips for better sleep:

- Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.
- Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.
 - Try to go to sleep and wake up at the same time each day.
- Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.
- Avoid caffeine and alcohol before bed. They can stop you falling asleep and prevent deep sleep.
- Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and make you feel anxious.
- Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.
 - If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy.

If you have any top tips that help you sleep - or what your children's bedtime routine is - please share in the comments or email us.



This website is great for top tips:

<https://www.facebook.com/search/top/?q=bbc%20tiny%20happy%20people%20bedtime%20routine>



How do you feel at the moment?

- Do you feel relatively confident in yourself?
- Do you feel and express a range of emotions?
- Can you build and maintain positive relationships with other people?
- Can you live and work productively?
- Can you cope with the stresses of daily life and manage times of change and uncertainty?

We all experience pressure at some point, whether it is at work or within our own personal life, and this is quite normal. However, sometimes pressure can turn into stress and this may mean that we are not able to function at our normal level. Long term stress can impact on our wellbeing and mental health. These are some of the triggers:

SOURCES OF STRESS

Even happy events can cause stress in our lives. When it goes unaddressed for too long, stress can trigger mental and physical health issues.

#ADDRESS YOUR STRESS

Some common sources of stress include:

Life changes	Emotional	Physical	Environmental	Changes at work
Leaving home, getting married or having children	Peer pressure	Late nights or lack of routine	Poor housing or accommodation problems	Starting a new job
Divorce or relationship breakdown	Conflicting cultural values and beliefs	Poor diet	Social isolation	Coping with an increased workload or a promotion
Health scares or physical illness	Coping with uncertainty	Misuse of alcohol or drugs	Unemployment	Poor relationships with colleagues or managers
Accidents or bereavement			Adjusting to new environments such as moving house or travel	Redundancy, or the fear of it
Legal issues, arrest or imprisonment			Financial pressures	

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

Here are 25 ways to help reduce stress:

1. Breathe

Slow, deep breaths can help lower blood pressure and heart rate. Try pranayama breathing, a yogic method that involves breathing through one nostril at a time to relieve anxiety. The technique is supposed to work the same way as acupuncture, balancing the mind and body.

2. Listen to Music

No matter what the song, sometimes belting out the lyrics to a favourite tune makes everything seem all right. If you're in a public place, just listening to music can be a quick fix for a bad mood. Classical music can be especially relaxing right before bedtime.

3. Take a Quick walk

When you're feeling overwhelmed or having trouble concentrating, go for a quick stroll. You'll get the benefits of alone time, physical activity, and a few minutes to gather your thoughts.

4. Find the Sun – or some fresh air

Head outside for an easy way to lift your spirits. Bright light can be an effective treatment for people who suffer from depression, and can even cheer up otherwise healthy people.

5. Give Yourself a Hand Massage

When there's no professional masseuse in sight, try DIYing a hand massage for instant relaxation that calms a pounding heart. Hands in general can carry a lot of tension. Apply some lotion and start kneading the base of the muscle under the thumb to relieve stress in the shoulders, neck, and scalp.

6. Count Backward

When worries are running rampant, try slowly counting to 10 and then back again to calm down.

7. Stretch

Standing up for a quick stretch can relieve muscle tension and help you relax during a stressful workday. Try a shoulder roll-out or a chest-opening stretch.

8. Rub Your Feet Over a Golf Ball

You can get an impromptu, relaxing foot massage by rubbing your feet back and forth over a golf ball.

9. Close Your Eyes

Take a quick break from a busy office or a chaotic household by just lowering your eyelids. It's an easy way to regain calm and focus.

10. Squeeze a Stress Ball

It's an easy, portable, and an easy way to relieve tension – although we tried to make our own in CALM CLUB and it was a messy disaster!!

11. Try Progressive Relaxation

Anxious? Just squeeze, release, and repeat. Progressive relaxation involves tensing the muscles in one body part at a time to achieve a state of calm.

12. Be Alone

Five minutes of alone time can help you collect your thoughts and clear your head.

13. Get Organized

Clutter could be contributing to your stress. Take a few minutes to reorganise your space, leaving just what you need on top.

14. Do Some Yoga

Put your feet up—against the wall, of course. The Vipariti Kirani yoga pose involves lying on the floor and resting the legs up against a wall. Not only does it give the body a good stretch, but it helps create peace of mind, too.

15. Eat Some Chocolate

Just a square of the sweet stuff can calm your nerves. Dark chocolate regulates levels of the stress hormone cortisol and stabilizes metabolism.

16. Meditate

Five minutes of peace is all it takes to reap the benefits of meditation. There's evidence that just two quick bouts of silent meditation per day can relieve stress and depression. Find a comfortable spot in a quiet place, focus on your breath, and feel those anxieties start to disappear.

17. Cuddle with a Pet

After a rough day, snuggle up with a pet. Pets can boost self-esteem and even ease the sting of social rejection.

18. Chew Gum

A stick of gum is a surprisingly quick and easy way to beat stress. No matter the flavour, just a few minutes of chewing can actually reduce anxiety and lower cortisol levels.

19. Sip Green Tea

Green tea is a source of L-Theanine, a chemical that helps relieve anger. Boil the water, pour it out, and take a soothing sip.

20. Laugh

Laughter is one of the sillier ways to beat stress, but there's science behind it. A fit of hysterics can increase blood flow and boost immunity. Check out a hilarious YouTube video (maybe a piano-playing pug?) for a quick pick-me-up.

21. Drip Cold Water On Your Wrists

When stress hits, head for the bathroom and drop some cold water on your wrists and behind your earlobes. There are major arteries right underneath the skin, so cooling these areas can help calm the whole body.

22. Create a Zen Zone

Make (or find) a space that's completely free of stress where you can go to relax. Set up a comfortable chair or light some incense and disappear there for a few minutes until the tension dissipates.

23. Write It Down

Putting our emotions on paper can make them seem less intimidating.

24. Slurp Some Honey

Drown that stress in sweetness with a spoonful of honey. Besides being a natural skin moisturizer and antibiotic, honey also provides compounds that reduce inflammation in the brain, meaning it fights depression and anxiety.

25. Talk to a Friend

When something's really bothering you, it can help to share your feelings with a buddy. In fact, more talkative folks tend to be happier in general. So vent to a coworker, friend, or family member.

The latest flyer from Pendle Family Zone

They have a Facebook page for any latest news <https://www.facebook.com/pendlefamilyzone>

All our activities are free to attend, and you don't need to book, unless stated otherwise

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am - 11:00am Baby And You (0-2yrs) Bradley NC	10:00am - 11:00am Baby And You (0-2yrs) Barnoldswick NC		10:00am - 11:00am Baby And You (0-2yrs) Bradley NC	9:00am - 10:00am Worms and Wormies Culter NC
11:00am - 12:00pm Development Matters (2yr+ preschool) Miss Mason & Groomer Whitfield NC	9:00am - 10:00am Worms and Wormies Barnoldswick NC		10:00am - 11:00am Baby Massage (No enquiries/book, email chapsandher@lancashire.gov.uk)	10:00am - 11:00am Baby Massage (No enquiries/book, email chapsandher@lancashire.gov.uk)
1:00pm - 2:00pm Baby And You (0-2yrs) Whitfield NC	1:00pm - 2:00pm Development Matters (2yr+ preschool) Miss Mason & Groomer Bradley NC		1:00pm - 2:00pm Development Matters (2yr+ preschool) Miss Mason & Groomer Bradley NC and Culter NC	1:00pm - 2:00pm Baby And You (0-2yrs) Culter NC
2:00pm - 3:00pm Parents to Be (No enquiries/book, chapsandher@lancashire.gov.uk)	2:00pm - 3:00pm Chat, Play & Read	3:00pm - 4:00pm Worms and Wormies	2:00pm - 3:00pm Cultural Footsteps (0-11 SEND) CFA's Culter	3:00pm - 4:00pm CFA's Culter

Baby and You
Development Matters
Chat, Play and Read
Mini Move and Groove
Cultural Footsteps SEND (0-11 & 12-19+)
Child Health Clinic (Health Visitors)
Sensory Rooms

This activity is designed to help children learn to play safely and to develop their social skills. It is a fun and interactive way for children to learn about their own bodies and the bodies of others. It is also a great way for children to learn about the importance of hygiene and safety.

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Pendle What's On
February/March 2023



Our Neighbourhood Centres
Where we are:

Bradley NC Penny Lane Lancashire, BB10 1LJ	Barnoldswick NC Gibson Road Barnoldswick, BB10 1LJ
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If there is anything you would like including in the parent newsletter then let me know.
h.hargreaves@wheatleylane.lancs.sch.uk

