



Riverview Wellbeing Newsletter

What an unusual time we find ourselves in.

We just wanted to remind everyone that here at Riverview we feel that wellbeing, physical and mental health are very important. We want to support the whole family during this time.

Many people may have already experienced feelings of boredom, frustration or loneliness. You could also be low in mood, worried or anxious about your health or those close to you or even concerned about your finances. It is very important to remember that it is okay to feel this way ... this is temporary.

This Newsletter aims to provide helpful tips, advice and web links to all of our Riverview Community to help you keep on top of your mental health and wellbeing and cope with how you may be feeling whilst staying at home.

Find out your employment and benefit rights

You may be worried about work and money while you have to stay at home, these issues can have a huge effect on your mental health. If you have not already, talk with your employer about working from home, and learn about your sick pay and benefits rights [here](#)

You can also check what benefits you should be entitled to by using this online tool for Turn2Us - [Turn2Us](#)

Mindfulness

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Have a go yourself, you only need 10 minutes. Click this [link](#) for daily 10 minutes Mindfulness Meditation.

There is also a number of apps available and whilst some cost a lot of money for a monthly subscription, there are a number of FREE apps which have a huge catalogue of guided meditations for all occasions. These include:

The Mindfulness app - [iOS](#) / [Android](#)

Insight Timer app - [iOS](#) / [Android](#)



We hope you have found this information helpful and feel free to contact me on the school number if you need to talk or would like some extra support with your wellbeing.

*Many Thanks
Hayley Brown
Family Support Worker*



Five ways to wellbeing

Learn

- Try to cook something new
- Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint
- Do a crossword or Sudoku
- Research something you've always wondered about

Give

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period increases your wellbeing.

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives at a local park who needs support or company
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Be active

- Find a workout video on YouTube video (at school we have been using [Joe Wicks](#) and [PopSugar Fitness](#) for our morning exercise)
- Start running with the NHS [couch to 5k podcasts](#)
- Take a daily walk.

Connect

- Arranging a time to eat dinner together
- Take a trip to the park with a friend you have not seen for a while
- play a game with your friends or family
- Make the most of technology to stay in touch with friends and family

Take Notice

- Take some time to enjoy the moment and the environment around you. Here are a few ideas:
 - Grow a plant
 - Have a 'clear the clutter' day
 - Take a different route on your journey to or from work