

WELLBEING

SUMMER NEWSLETTER

ST. GREGORY'S CATHOLIC HIGH SCHOOL
A NEWSLETTER AIMED AT IMPROVING OUR HEALTH AND
WELLBEING



MOVE MORE FOR GOOD MENTAL HEALTH

The theme of this year's Mental Health Awareness Week is "Movement: Moving more for our mental health"

Physical activity is great for our mental health. When we exercise, our bodies release a natural hormone called 'endorphins', which can improve your mood. This term, why not reduce the time you spend sitting or lying down with some activity!

SPEND SOME TIME DOING ONE OR MORE OF THE FOLLOWING

- Walking to school or walking the dog
- Physical education
- Sports, like football or tennis
- Swimming
- Skipping
- Dancing
- Skateboarding or rollerblading
- Cycling

PHYSICAL ACTIVITY HELPS YOUR MENTAL HEALTH BY:

- Managing stress
- Improving your mood
- Improving sleep
- Improving self-esteem
- Reducing anxiety
- Encouraging you to set and achieve goals
- Helping you meet new people and spend time with others

TIPS FOR YOU

Enjoy moving to
your favourite
music. Really
go for it



ACTION FOR HAPPINESS

Get active in nature.
Feed the birds or
go wildlife-
spotting



ACTION FOR HAPPINESS

Have a 'no screens'
night and take
time to recharge
yourself

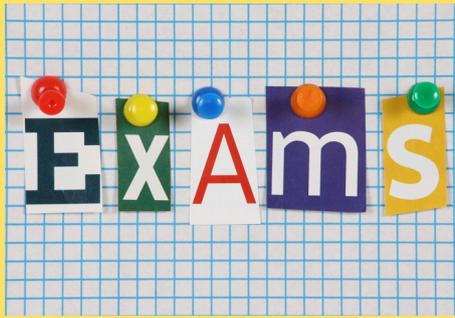


ACTION FOR HAPPINESS

Meet a friend
outside for a
walk and
a chat



ACTION FOR HAPPINESS



GCSEs

Our Year 11 pupils will be starting their GCSE examinations in the coming weeks. To help support them during, what can be, a very stressful time, please find some top tips below.

Looking after yourself while preparing for an exam:

- Find a study group
- Make a revision timetable
- Work in the best way for you
- Revise in the best place for you

Looking after yourself during exam period:

- Make time for things you enjoy
- Talk to others about how you feel
- Try to find balance
- Take care of your physical health
- Focus on yourself



Looking after yourself on the day of your exam:

- Prepare your items the night before
- Start your day the best you can
- Ground yourself with a breathing exercise
- Take your time
- Remind yourself that it'll be over soon

Looking after yourself after your exam:

- Try not to compare your answers to others
- Reward yourself
- Focus on next steps
- Relax before your next exam

REMEMBER!

Check out this month's calendar for simple ways to get moving and stay active and healthy.

<https://actionforhappiness.org/calendar>

