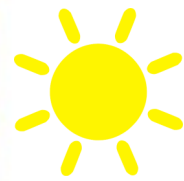


The Prior's Mill 'FEEL BETTER Newsletter'

Issue 4—10.2021



Hello everyone! Welcome back to school! Hopefully by now, your children have settled into their new routines and are thriving with their classes and teachers. We hope that you had a wonderful break and are ready for a new year of learning. Getting back into a routine after such a long time off will be helpful for us all. This month is all about moving forward, even in tough times!

Here are our tips for getting back into a school routine!

1. Dedicate a place for school necessities.
2. Establish a consistent sleep schedule.
3. Get familiar with any new surroundings.
4. Arrange get togethers with friends.
5. Create a morning routine.
6. Make meals together a priority.
7. Have your kids make their own lunch.

back to
School



Even though restrictions have relaxed, we are still very aware that there is a pandemic. With this in mind, we are still encouraging good hygiene around school and adults to wear masks at the start and end of the school day. Although children returning to school can be exciting time for most children, some may feel overwhelmed and anxious to return. This may be a common feeling amongst parents too! With this in mind, we have provided you with an example of a mindfulness calendar. It gives you ideas of calming activities to do each day. These can be adapted to suit you and your child's needs.

Note:

All of these activities are explained on the internet. If you would like further information, visit Mentally Healthy Schools:

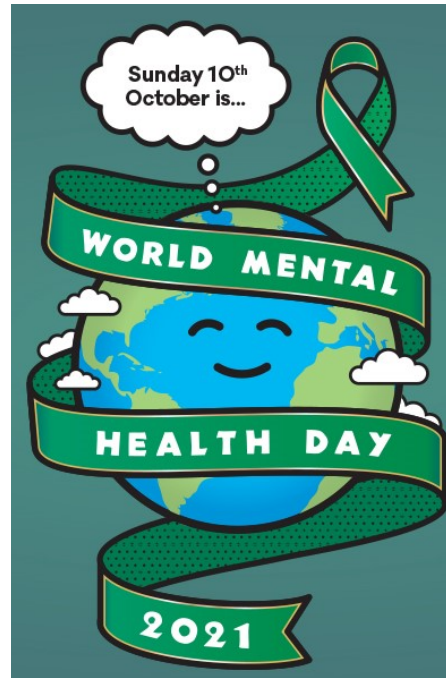
<https://www.mentallyhealthyschools.org.uk/resources/?Search-Term=mindfulness+calendar>

MINDFULNESS CALENDAR

MON	TUES	WED	THURS	FRI
COUNTING BREATHS 1-2-3	 ATTITUDE OF GRATITUDE	 USING THE SENSES	 COLOUR BREATHING	 BIRTHDAY CAKE BREATHING
MON	TUES	WED	THURS	FRI
FEATHER BREATHING 	 FINGER COUNTING	 SLIMY HANDS	 RISE AND FALL	 RELAXING MUSCLES

World Mental Health Day 2021!

10th October is this year's Mental Health Awareness Day. The theme this year in Mental Health is an Unequal World, highlighting the inequalities that so many people are facing, whether due to their financial situation, health, ethnicity, sexual orientation or gender identity. Inequalities have a huge impact on Mental Health.



How to help yourself this Optimistic October!

Setting small, achievable goals when things are feeling tough can help us feel we're moving forward. When you manage to do those things, however small, don't forget to celebrate them! You can always share your achievements, great and small with our online community.

Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you
4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished this week
11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society
18 Set hopeful but realistic goals for the week ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently
25 You can't do everything! What are your three priorities this week?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month

ACTION FOR HAPPINESS **Happier · Kinder · Together**