

# Safa Community School

# Wellbeing Newsletter

February 2021



## Thank You

This newsletter has been put together with the support of one of our parents Aryssa Amin.

Aryssa is a life and gentle parent coach and runs her own business outside of school. If you wish to see some of the work Aryssa has done to support people in the community you can view:

[www.rvssdom.com](http://www.rvssdom.com)

@rvssdom\_coaching (IG)

<https://www.facebook.com/RvssdomCoaching>



## Safa Focus: Stress Busting Plan

In our last wellness newsletter we explored stress and what that looks like.

In this week's edition, we would like to guide you through some tried and tested activities which are scientifically proven to reduce stress and promote a peaceful way of living!

### Your stress busting plan for the week!

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
√	√	√	√	√	√	√

Stress can creep up on us when we least expect it so the key is to be well prepared. Take some time to identify the triggers which activate your stress signals and then work on strategies to eliminate them.

A weekly plan can help you to stay on track and prevent you from falling into the arms of any unwelcome surprises.

In light of the current situation, you may be restricted to spending more time indoors. With this in mind, I have put together a weekly plan which you can implement from the comfort of your own home!



# Let's Get Started: Are You Ready?

Sunday and Monday

## Stress Busting SUNDAY

It's the start of a brand new week. You will have some indication of what your week will look like. You will be familiar with your child's school schedule, work deadlines, appointments and so on. Take a moment to plan each day. Think about what will happen before the event and what will happen after the event.

There is a saying in the military "If you fail to plan, you plan to fail".

Without a plan in place you create room for error, delays and stress!



## Meditation MONDAY

You know what your week looks like and you've prepared with a plan. Now take a moment to switch off! Yes, that's right, completely switch off! Put away your device, find a quiet space and close your eyes. Scan your body from head to toe and focus on your breath. Inhale the positivity and exhale the negativity. Start letting things go!

Research shows that after meditating for a period of 4 weeks you will feel lighter and more buoyant. Your mood will elevate, you will be in a position to accomplish more and be prepared to face the world.

# Stay Motivated: Determination

Tuesday and Wednesday



## Thankful TUESDAY

Living from a place of gratitude keeps us grounded. Starting the day with an affirmation of “thanks” can remind us of what we have and what we can work towards. This is especially important in the current climate.

A study from McCullough, Emmons and Tsang in 2002 shows that:

*“grateful individuals experience more positive emotions, are more satisfied with life, and experience fewer negative emotions including depression, anxiety and envy” - Positive Psychology*

## Wellness WEDNESDAY

Our wellness is paramount to who we are and who we will be. Looking after our mental and physical wellbeing comes before everything else. So, take a day to check in with yourself.

Ask yourself:

- How am I feeling?
- What do I need to feel better today?
- What support do I need?
- How can I nourish myself?
- How can I feel stronger?

Did you know employees at IBM earn extra money for taking part in their wellness program! Participation is voluntary but once they complete the program, they benefit from an additional \$150. IBM’s wellness program consists of diet and nutrition, physical health, personal vitality and children and family health programs. The activities range from goal setting, cooking together, 30 mins of physical activity 3 times a week and so on!

- Case study from Healthyworks LLC





# Keep Going: Perseverance

Thursday and Friday

## Thoughtful THURSDAY

When you brush your teeth, walk the dog or do the house chores, take a moment to think!

Think consciously about what is going on around you. Be present and catch the thoughts that whirl around in your space. Listen to them and process them so that they don't control you. You may find yourself thinking about the past, the present or the future.

Take one thought at a time and dissect it.

- How is it serving you?
- What can you do about it?
- How can you move forward from the thought?
- What action do you need to take?



This is an exercise which enables you to take back control and gain clarity without stress!



## Freedom FRIDAY

This is your day, own it!

Today you can do whatever you like. If you want to spend the day reading a book, go for it! If you want to take an extra long bath, go for it. If you want to indulge in a treat, go for it. Give yourself the permission to have a day off! A day off from routines, a day off from cooking, a day off from dressing up...whatever it takes to elevate your mood, this is the day to do it!



# Finish Strong: You Can Do It!

Saturday

## Stay Active SATURDAY

Exercise to relax! You know that feeling before exercising when it feels like a chore and as soon as the workout is complete, you feel on top of the world!

According to Harvard Health publishing, Aerobic exercise is the best form of physical activity for both heart and head! It has been stated that regular aerobic exercise promotes changes to the body and mind.

The following image shows the positive benefits of exercise when feeling stressed.

