

# Wellbeing

# HAPPY YOU. Healthy YOU.

Keeping Thurlstone Minds Happy!

Edition 2

## FEEL GOOD FUN!

### For ANXIOUS minds — MAKE A WORRY BOX!

Writing down a worry helps to get it OUT OF YOUR HEAD!. Try making a WORRY BOX to get rid of WORRIES. Turn the WORRY BOX into a creature!

Imagine it eating up the WORRIES!

YOU WILL NEED:

A TISSUE BOX, DECORATIONS AND .....YOUR IMAGINATION!

CLICK ON THE LINK FOR SOME INSTRUCTIONS!

<https://veryspecialtales.com/worry-box/>

By Heidi Brandon



## The Peaceful Poetry Place...

### We Grow Accustomed to the Dark by Emily Dickenson:

We grow accustomed to the dark,  
When Light is put away,  
As when the neighbour holds to lamp,  
To witness her goodbye.

A moment—an uncertain step,  
For newness of the night,  
Then fit our vision to the dark,  
And meet the road erect.

And so of larger darkness,  
Those evenings of the brain,  
When not a moon disclose a sign,  
Or star come out within.

The bravest grope a little,  
And sometimes hit a tree,  
Directly in the forehead,  
But as they learn to see.

Either the darkness alters,  
Or something in the sight,  
Adjusts itself to the midnight,  
And life steps almost straight.

This poem was written by the American poet Emily Dickenson who was born in 1830.

I like this poem greatly as it shows that although things seem scary at first, you can get used to them after time.

I hope that you enjoy it.

By Eliza Smith.

## FEELINGS FOCUS! Emotion of the term... ANXIETY

Everyone experiences anxiety – children, teenagers and adults. There is no such thing as a bad emotion. When you are worried your 'emotional brain' communicates with your 'survival brain' deciding whether you FIGHT, FLIGHT or FREEZE. Fight is physical; flight is running away and freeze; freeze is obvious. You can try to control these emotions by:

- \* 5,4,3,2,1– think of 5 things you can see, 4 things you can hear, 3 things you can see, 2 things you can touch, 2 things you can smell and 1 thing you can taste!!!!
- \* Breathe in for 4 seconds and out for 4 seconds! Repeat.
- \* Do something you love! Colouring, going for a walk, dancing...
- \* Go outside and connect with nature!

Have fun!

By Sophie Vickers.

# BRAINY STUFF! What causes ANXIETY?

A big event or a build up of smaller life situations may trigger excessive anxiety or worry.

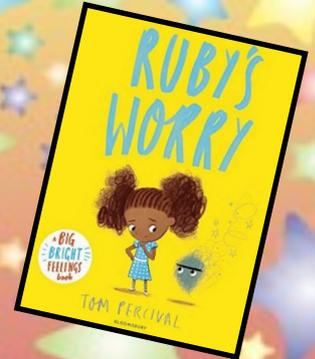
## DID YOU KNOW...

That anxiety disorders are the most common mental illness?

## FUN FACT...

A healthy meal and diet, combined with a healthy lifestyle could make you far less likely to experience stress or anxiety!

By Owen Moxon



## Music for Mindfulness.... By Evie Owen



These three songs are all to make you feel good when you are out in the sun, just chilling out or even 'in a room without a roof'!

[Bob Marley - Don't worry be Happy - YouTube](#)

[Pharrell Williams - Happy \(Video\) - YouTube](#)

[Bob Marley & The Wailers - Three Little Birds \(Official Video\) - YouTube](#)

# Spotlight on You by Rosie Kaye

Do you often feel stressed? Well look no further, curl into a ball and let your emotions out as you read this interview! I asked two people if they had any tips and clearly they did. Read on to find out more...

### Q: Miss Houghton- How do you release stress ?

*A: I watch rubbish reality TV!*

### Q: Describe a stressful situation at school and tell us how you handled it?

*A: When Ofsted came. I talked to Mr Peace and Mr Hughes and they helped calm me down.*

### Q: Stress is confusing, do you have any tips for others?

*A: For me, talking, talking and more talking—communicating is the best for me.*

### Q: Lewis - How do you release stress ?

*A: I take deep breaths.*

### Q: Describe a stressful situation at school and tell us how you handled it?

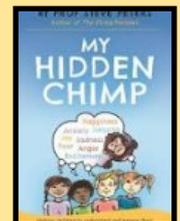
*A: Arguments whilst playing football...I just walk away!*

### Q: Stress is confusing, do you have any tips for others?

*A: You could take time out to calm down.*

## Reading for Relaxation... by Amy Saccomando

**My Hidden Chimp** by Prof. Steve Peters is for all ages, but mainly children. (For adults, check out *The Chimp Paradox* by the same author) I have this book at home and it is amazing. It really helped me a lot because it explains things very clearly. Get your head into this book (with or without an adult) and watch your worries disappear.



**The Field Guide to Wildflowers in Britain** (for KS2). Take a walk outside...but inside! This calming book is full of marvellous flowers that are sure to calm your nerves. Look at the illustrations and read all the information provided. Let your anxiety fade away into the wonderful world of flowers!

