



Well Being Fortnightly

Well Being Edition 1— 18th September 2020

Welcome

A very warm welcome to our first Well Being Newsletter of 2020/21. As we recognise the importance of positive well being for all of our staff; we will alternating our weekly newsletter between teaching and learning and Well Being.

Hopefully you will find lots of articles and information which may be useful to you in relation to your own personal well being.



Perfect Podcast

Lucy who was with us at the Marlborough Centre really recommends the podcast from Dr. Chatterjee called 'Feel Better, Live More' which she really recommend listening to and would frequently listen to on the drive to work.



"Health has become overcomplicated. I aim to simplify it"

In this podcast, we hear stories from leading health experts and exciting personalities who offer easy health life-hacks, expert advice and debunk common health myths giving you the tools to revolutionise how you eat, sleep, move and relax. Hosted by Dr Chatterjee – a GP with over 16 years' experience, star of BBC 1's Doctor in the House and author of The 4 Pillar Plan – Feel Better, Live More aims to inspire, empower and transform the way we feel. When we are healthier we are happier because when we feel better we live more.

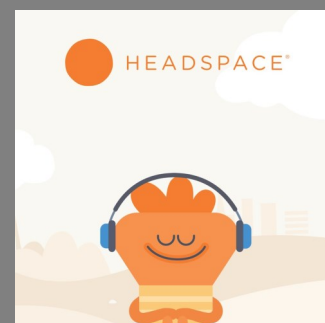
To access this podcast then

[Click Here](#)

Helpful Headspace

Headspace are still offering free subscription to all educators to a wide range of their resources

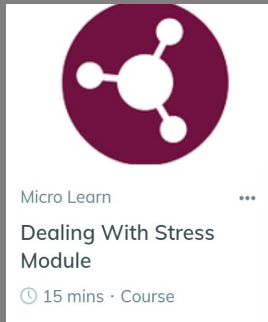
- Hundreds of guided meditations on everything from stress and focus to the workplace.
- Sleepcasts, sleep sounds, and sleep music to help create the conditions for a better night's rest.
- Inspiring videos, quick workouts, group meditations, and much more.



To access this great resource then [Click Here](#)

Terrific Training

Hays Education are offering some quick but great training around well being. They are offering a range of modules specifically around well being and reducing your stress levels. The following units might be interesting for you to explore



If you are interested in attending any of these courses training modules then please let me know and I can get you set up with a user account and assign the course to you.

Drink Decision

Are you finding that since lockdown you are drinking more alcohol? Are you worried about drinking more than you used to?

Use the link below to check your drinking and find out if it could be affecting your health.

Then get exactly the right help you need to cut down, if that's what you choose to do. This site is FREE and CONFIDENTIAL as it stores no information that can be linked to you. It'll only take you a few minutes to look at your drinking and learn how it might be impacting you.

You'll get tailored guidance and support to help you act on this feedback, should you decide to.

So, use Lower My Drinking today to start getting healthier and feeling better!

[CLICK HERE](#) to take the quiz

If you're concerned about your drinking, the Lower My Drinking app can also help whenever you need it. It also offers practical steps that you can add into your weekly routine to help bring your alcohol intake down to a healthier limit. This includes motivational techniques, setting up alerts and providing weekly comparisons on the amount of alcohol you drink, so you can check your latest alcohol score.

[CLICK HERE](#) to download the app from the app store

[CLICK HERE](#) to download the app from Google Play



Digestible Documents

What Is Well-Being? Definition, Types, and Well-Being Skills
Want to grow your well-being? Here are the skills you need.

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, well-being is just feeling well

Well-being is something sought by just about everyone, because it includes so many positive things — feeling happy, healthy, socially connected, and purposeful. Unfortunately, well-being appears to be in decline, and increasing your well-being can be tough without knowing what to do and how to do it.

Can You Actually Improve Your Well-Being?

Increasing your well-being is simple; there are tons of skills you can build. But increasing your well-being is not always easy: Figuring out what parts of well-being are most important for *you* and figuring out *how*, exactly, to build well-being skills usually require some extra help.

How Long Does It Take to Improve Well-Being?

Usually when people start consistently using science-based techniques for enhancing well-being, they begin to feel better pretty quickly. In the studies I've conducted and read, most people show significant improvements within five weeks.

But you have to stick to it. If you *are* feeling better after five weeks, you can't just stop there.

Why? Well, you probably already know that if you stop eating healthy and go back to eating junk food, then you'll end up back where you started. It turns out that the exact same thing is true for different types of well-being. If you want to maintain the benefits you gain, you'll have to continue to engage in well-being-boosting practices to maintain your skills. So it's really helpful to have strategies and tools that help you stick to your well-

being goals — for example, a happiness and well-being plan or a well-being boosting activity that you can continue to use throughout your life. Here's what you need to know:

Where Does Well-Being Come From?

Well-being emerges from your thoughts, actions, and experiences — most of which you have control over. For example, when we think positive, we tend to have greater emotional well-being. When we pursue meaningful relationships, we tend to have better social well-being. And when we lose our job — or just hate it — we tend to have lower workplace well-being. These examples start to reveal how broad well-being is, and how many different types of well-being there are.

Because well-being is such a broad experience, let's break it down into its different types.

5 Major Types of Well-Being
Emotional Well-Being. The ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings.

- **Physical Well-Being.** The ability to improve the functioning of your body through healthy eating and good exercise habits.

Social Well-Being. The ability to communicate, develop meaningful relationships with others, and maintain a support network that helps you overcome loneliness.

- **Workplace Well-Being.** The ability to pursue your interests, values, and purpose in order to gain meaning, happiness, and enrichment professionally.

- **Societal Well-Being.** The ability to actively participate in a thriving community, culture, and environment.

To build your overall well-being, you have to make sure *all* of these types are functioning to an extent. Think of it like this: Imagine you are in a car. Your engine works great, and maybe your transmission

works pretty well, too, but your brakes don't work. Because your brakes don't work, it doesn't really matter how well your engine works; you're still going to have trouble going about your life.

The same is true for your well-being. If everything else in your life is going great, but you feel lonely, or you're eating unhealthfully, other areas of your life will be affected, and you likely won't feel as well as you want to.

Because each part of well-being is important to your overall sense of well-being, let's talk about how to build each type of well-being:

Emotional Well-Being. To develop emotional well-being, we need to build emotional skills — skills like positive thinking, emotion regulation, and mindfulness, for example. Often, we need to build a variety of these skills to cope with the wide variety of situations we encounter in our lives. When we have built these emotional well-being skills, we can better cope with stress, handle our emotions in the face of challenges, and quickly recover from disappointments. As a result, we can enjoy our lives a bit more, be happier and pursue our goals a bit more effectively.

Here are some of the skills that research suggests contribute to emotional well-being:

Happiness Skills
Mindfulness Skills
Positive Thinking Skills
Resilience Skills

There Is No Magic About Building Well-Being

Keep in mind, it takes time and effort to build any new skill set — that includes well-being skills. It's important to be realistic with yourself about what you can reasonably accomplish in a given amount of time. Having unrealistic expectations can lead you to give up before you've reached your well-being goals. So it's key to create a realistic plan for your well-being, stick to it, and take small actions every day that add up to big improvements up over time.

Growing your well-being is a life-long pursuit, but it is totally worth it.