



MENTAL HEALTH & WELL-BEING SUPPORT

Friday 12th February 2021

TODAY
is the day to
learn something
NEW

Mental Health and Well-being support with Mrs Prosser & Mrs Solomon - Issue 3, February 2021.

Help, Support and Advice to support our Mental Health and Well-being! We are ALWAYS HERE TO HELP!



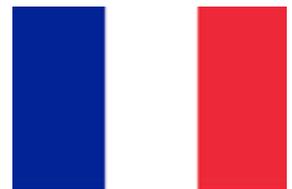
Help, Support and Advice provided with our Mental Health Guru's during these challenging times. We are always here for you whatever the need! For this issue, our Mental Health and Well-Being focus is centred on: **Learning Something New**. This is a key part of the [NHS Five Steps to Well-Being](#).

Research shows that learning new skills can also improve your mental well-being by: boosting self-confidence and raising self-esteem, helping you to build a sense of purpose and helping you to connect with others.

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try include:

- Learn how to cook something new;
- Work on a DIY project such as fixing a broken bike, garden gate or something bigger;
- Learn a new language like Spanish or French. Why not try this [APP](#).
- There are lots of free video tutorials online. Consider signing up for a course at a local college. You could even try learning a new skill or learn a new trade such as plumbing.
- Try accessing the [Skills Toolkit](#). This is a government initiative and is made up of free online courses, tools and resources to help you improve your digital and numeracy skills.
- Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint. The possibilities are endless!



Cooking

Let's look at food and cookery in a little more detail... these are challenging times both mentally and financially. So, a bit of meal planning may help alleviate any anxiety you may be feeling around shopping and meal times. This is also an opportunity for your child to develop a very important life skill; cooking together and learning new recipes! Check out these brilliant resources designed to help with ideas for meal times and food planning and other food related things: <https://www.nhs.uk/live-well/eat-well/?tabname=recipes-and-tips>

20 tips for eating well for less <https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>

Mindful Eating with Headspace: <https://www.headspace.com>

Head over to the [BBC](#) for some great recipes to make with your children. Why not try the Rainbow Spaghetti!

