

welcome to our

Wellbeing Newsletter

Welcome to the first NCPS Wellbeing newsletter.

As a school, we are committed to supporting the wellbeing of our whole community; employees, children and families. The past few years have exemplified the importance of looking after ourselves and each other.

Work plays an important part in all of our lives, not just as a source of income but also as it gives a sense of purpose. We are fortunate to work in a profession where we are able to see first hand the impact of our work however, it is certainly a

profession that demands much of us.

The aim of this newsletter is:

- To raise awareness of healthy behaviours and to provide some helpful tips.
- To provide factual information provided by professional agencies.
- To promote workplace initiatives.

If you have any suggestions about how we can support workplace wellbeing, please do not hesitate to contact a member of the Wellbeing Group or Wellbeing Champions (Diane Ball and Sam Livesey).

↓ In this newsletter you will find:

Advice, tips, recommended reads and contact details to access support.

There are lots of things we can do to look after our mental health and wellbeing every day – make a start with these 6 top tips.

1. Reframe unhelpful thoughts

Sometimes we develop patterns of thoughts or behaviours that are unhelpful. Try to recognise these and take steps to think about things differently,

2. Be in the present

Take time to be aware of yourself and be in the present moment. Notice your thoughts and feelings, it will help you gain a better perspective.

3. Get good sleep

Good-quality sleep makes a big difference to how you can feel mentally and physically. This should be a priority not a luxury.

4. Connect with others

Spend quality time with friends or family. Talk to someone about how you are feeling.

5. Live a healthy life

Be active, enjoy the outdoors and have a healthy, balanced diet. Bin bad habits like smoking, and cut down on alcohol and caffeine.

6. Do something for you

Learn something new or simply take time to relax. It is important to do things that make you happy.

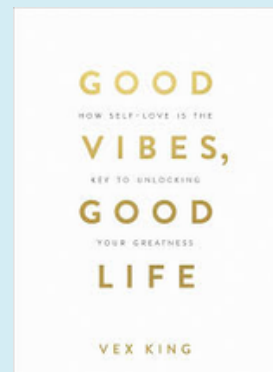


Recommended Reads

Take a small step to feel better about yourself. Try these recommended reads.



Speak Your Truth by Fearne Cotton



Good Vibes, Good Life by Vex King

The link between absence and stress in schools

Research informs us that stress accounts for approximately 31% of absence within Schools/Academies. We are doing everything we can do to improve this statistic.

All NCPS staff members have access to the Employees Assistance Programme.

Whether you are worrying about something, need some practical information, or simply want to talk things through with someone in confidence, the EAP is there to help you 24/7.

Contact your EAP anytime on 08000 856 148 or online at [educationsupport.org.uk](https://www.educationsupport.org.uk)