

Stockport's Relational Round Up

Welcome to May 4 of our Relational Round Up for Stockport's children, families and schools. These newsletters are here to offer a regular well-being top tip for families and share good stories from across Stockport during our current new ways of living.

As we continue to learn to live and settle into our 'Covid Safe' routines it can be useful to review and explicitly 'check in' with how well we are looking after ourselves and our own well-being.

Your relationship with yourself.

TAKING CHARGE
of your
HEALTH & WELLBEING

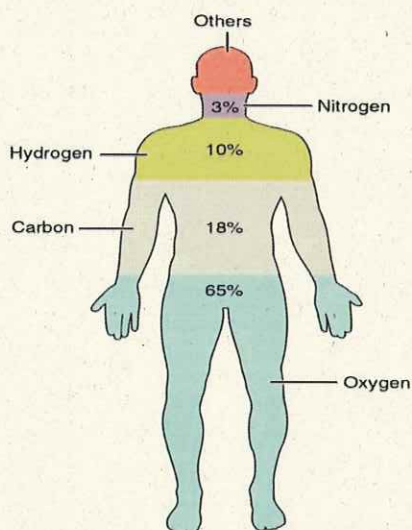


It can be hard to prioritise our own health and well-being, especially when we are often so busy spending time taking care of others.

However, your health and wellbeing, your relationship with yourself, is crucial because this relationship influences all your other relationships.



Time and again, scientific studies have shown us that if we do these five things listed above our wellbeing will increase. We can make active and deliberate choices about changing the state in which we find ourselves. We just need to begin. [Mindkit](#) has a useful resource, sharing one minute, one hour or longer versions of ways to develop each of these areas.

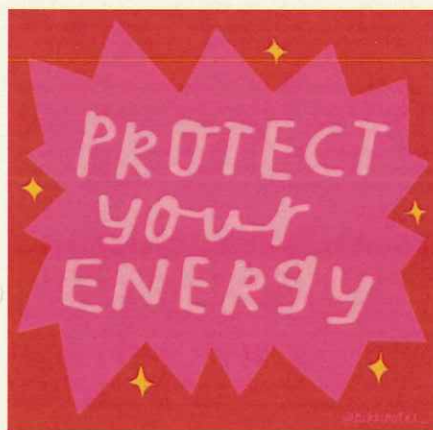
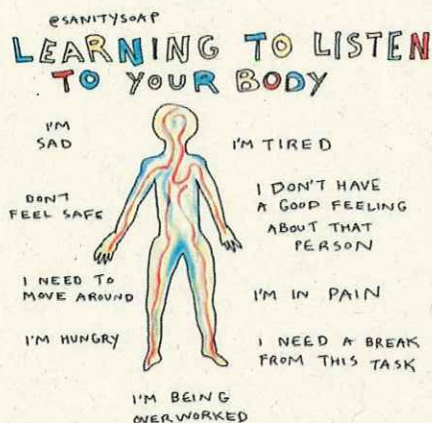


It can be useful to remember that we are biological beings. All of our organs are made from atoms and molecules, including our brain. We need to make sure we are checking in with and listening to our bodies.

It can be hard to move out of our 'thinking head' and to check in with our physical body but this is the best way to make sure that we are properly taking care of ourselves.

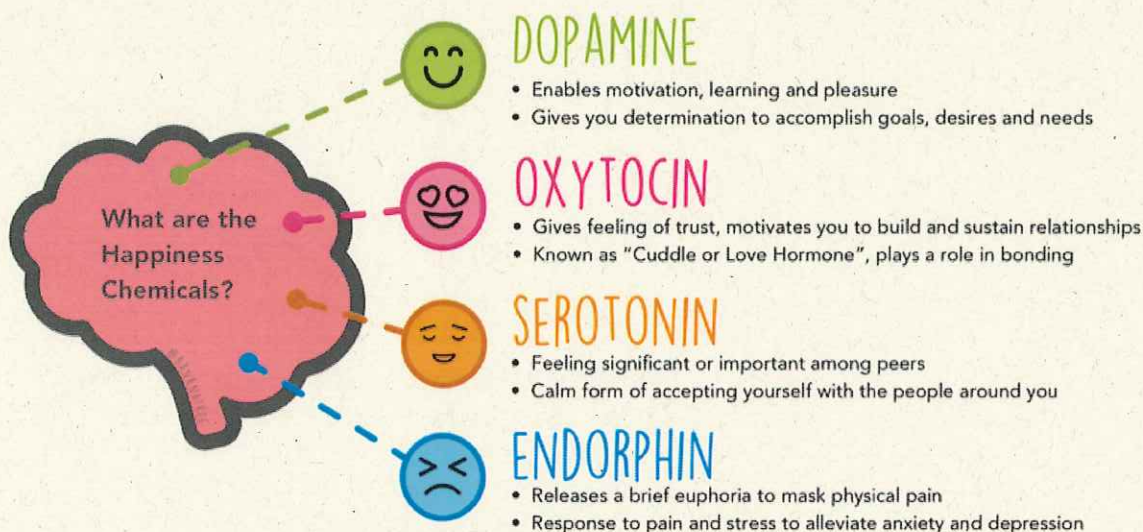
Key to our physical health are the basics; eating well, sleeping well, keeping hydrated and being physically active.

Taking time out to explicitly 'spring clean' your sleep routine, your meals or checking on how much water you drink, or your steps count can have a big impact on improving your wellbeing.



Another helpful way to connect with the physical, biological aspects of our body, and to boost our well-being, can be to consider how to increase your dose of 'happiness chemicals' in your brain.

When you feel good, your brain is releasing one of the happiness chemicals. There are four happiness chemicals, which are known as DOSE (dopamine, Oxytocin, Serotonin and Endorphin). Learning how to naturally increase your happiness chemicals can improve your emotional and physical wellbeing.





How to Increase Happiness Levels

- meditate
- daily to do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

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Find out more about [DOSE here](#) and use these helpful self-care worksheets for yourself, and for children and teenagers.

Use this week's **Wild Well-Being** to take some time out and check in with your senses.

Experience: What can you feel?



What do we do?

- On your next walk outside, collect a variety of natural objects, including leaves, twigs, catkins, flowers, etc. Try to find some that share some similarities.
- Once back inside, spread your objects out onto the floor or a table. Have a look over what you have collected. Choose your favourite 9 items, if you collected that many!
- Take it in turns to close your eyes and feel an object that your partner has selected for you. Put it back, let your partner mix them up, then open your eyes. What did you feel?

Risk / benefit analysis:

Benefits come from enjoying a sensory based activity, which can help focus the mind. May enhance feelings of trust.

Risks are limited. Be sure to choose natural objects that you recognize as safe and do not put anything in your mouth.

Extension ideas:

- You can increase the number of objects to increase the challenge or increase the level of similarity between the objects – maybe different species of grass for the super competitive!
- Can you identify the species your object belongs to? The Tree? The shrub?

Resources:



Natural objects of your choosing!

Blindfolds if you find it hard to keep your eyes closed.





Let's share some good stories from our children and families in Stockport.

Pirate ships, treasure maps and Captain hats a plenty from **St Philips Primary School**.

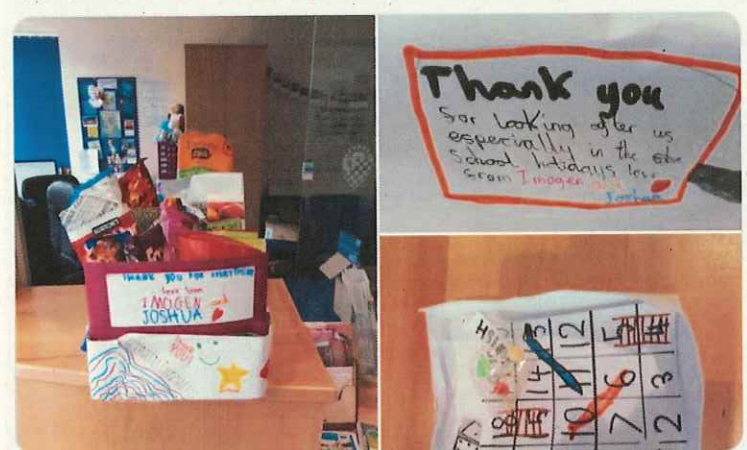


Some great Spider cupcake making from **Nevill Road Infants school**.

Warren Wood Primary @W_W_P_S · May 26
Thank you isn't enough for this wonderful hamper delivered to school today for our staff. We have never said we will get everything right. We are trying our best under impossible circumstances. So lovely to feel appreciated ❤️💙💚💛💜🌈

Warren Wood Primary school received a fabulous surprise recently...

Stockport Academy students have been taking part in an Animal Photo competition with some impressive entries.



We will be sending out the next Relational Round Up letter in the week beginning June 22nd. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to @stockportRA



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