



**On 1<sup>st</sup> May 2024– National Walking Month.** Get ready to lace up your trainers and hit the streets because May 1 marks the start of National Walking Month! This month-long celebration encourages people to incorporate more walking into their daily routine for both physical and mental health benefits. Walking has been a popular mode of transportation since ancient times, it's also a great way to explore your surroundings, save money on petrol, and reduce your carbon footprint. So let's take this opportunity to embrace a healthier lifestyle.

-Walking is a low-impact exercise that has numerous health benefits, such as improving cardiovascular health, reducing stress and boosting overall mood. National Walking Month encourages people to prioritize their physical health by taking daily walks, which can greatly improve overall wellness.

-One of the best things about walking is that it can be done almost anywhere - in your neighbourhood, at the park, or even on a treadmill. This allows for flexibility and makes it easy to incorporate into your daily routine. Plus, you can experience different environments while getting in some exercise!

-National Walking Month promotes not only physical health, but also mental well-being. Taking walks outside allows for time to disconnect from technology and reconnect with nature. It's a wonderful opportunity to appreciate your surroundings, clear your mind and reduce stress.



**Mental Health Awareness Week 2024 will take place from 13 to 19 May, on the theme of "Movement: Moving more for our mental health".**

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week is aimed at helping people to find moments for movement in their daily routines. For information go to:

X: @mentalhealth

Facebook: @mentalhealthfoundation

Instagram: @mentalhealthfoundation

**World Meditation Day-21st May.** Meditation is a great way to take time out from the busy world and to focus



**inwardly on yourself. The breathing exercises conducted while meditating can reduce stress.**

**Meditation has been practised across the globe for thousands of years and**

**has many benefits for the mind, body, and spirit, including helping to reduce stress and anxiety.**

**By meditating you can help to calm your mind and reduce your body's stress responses such as elevated heart rate and blood pressure.**

**Research has shown that meditation can even reduce symptoms of depression and can improve our overall mood!**

## **The Mental Health Benefits Of Meditating:**

1. Helps Reduce Stress & Anxiety
2. Better Focus & Concentration
2. Improves Sleep
3. Increases Self Awareness
4. Helps You Be Mindful
5. Reduces Distractions

Now you know the mental health benefits of meditating, you can discover how to meditate in preparation for World Meditation Day on May 21st!

-To get started you should first find a quiet and comfortable place where you won't be disturbed.

-Next you should get in a comfortable position whether on the floor or in a chair, with your back straight and your hands resting on your lap.

-Now you should close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth.

-It's important to focus on your breath, try to pay attention to the sensation of the air moving in and out of your body.

-Don't worry if your mind begins to wander, just gently bring your attention back to your breath.

-Try not to judge yourself or get distracted as this is normal!

-During your first few times, set a timer on your phone or watch for around 5-10 minutes to start with.

-Then you can gradually increase the time as you get more used to meditation.

## **Key Dates:**

**-All of May- National Walking Month**

**-World Laughing Day**

**-Woman's Health Week- 8<sup>th</sup>- 14<sup>th</sup>**

**-Mental Health Awareness Week- 13<sup>th</sup>-19<sup>th</sup>**

**-Learn at Work Week-13<sup>th</sup> -19<sup>th</sup>**

**-World Meditation Day-21st**

- Family Lives [www.familylives.org.uk](http://www.familylives.org.uk)
- Parent Zone (digital family life) [www.parentzone.org.uk/home](http://www.parentzone.org.uk/home)
- Red Balloon Learner Centres [www.redballoonlearner.org](http://www.redballoonlearner.org)
- YoungMinds (for support with mental health) [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Papyrus UK (suicide prevention support) [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Report Harmful Content (for cyberbullying and online harms) [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)
- Childnet International (for cyberbullying and online harms) [www.childnet.com](http://www.childnet.com)
- Internet Matters (for cyberbullying and online harms) [www.internetmatters.org/issues/cyberbullying/](http://www.internetmatters.org/issues/cyberbullying/)

- Anti-Bullying Pro [www.antibullyingpro.com](http://www.antibullyingpro.com)
- ChildLine [www.childline.org.uk](http://www.childline.org.uk)
- The Mix [www.themix.org.uk](http://www.themix.org.uk)
- Report harmful Content (for 13+ concerned about cyberbullying and online harms) [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)
- Childnet International (for cyberbullying and online harms) [www.childnet.com](http://www.childnet.com)
- YoungMinds (for mental health) [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Papyrus UK (suicide prevention support) [www.papyrus-uk.org](http://www.papyrus-uk.org)

For Emotional Wellbeing Support/Pre-uniform, please contact: Miss Bryson via email:

[cbryson@crookprimaryschool.org.uk](mailto:cbryson@crookprimaryschool.org.uk)

**Meaningful May 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why
6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you
13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful
20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful
27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future		

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**