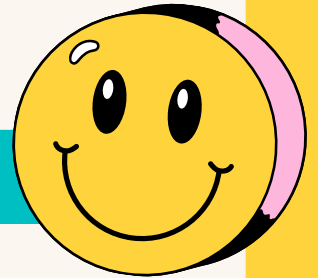


# 2024

Welcome to your

## Wellbeing Newsletter



Welcome to the second issue of our new Wellbeing Newsletter. We want to wish all our readers a Happy New Year! We hope that 2024 can be more full with kindness and optimism for everyone. We have put together a few tips and techniques to help support you. Please remember that we are always available if you need any support.

Every year people make resolutions to change themselves.

This year, make a resolution to be yourself.



# WELLBEING TIPS

wellbeing@ousedale.org.uk

January 2024

## JANUARY BLUES:

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer.

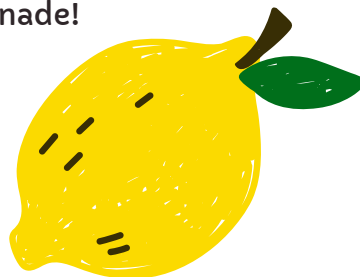
Many of the things that we do to cheer ourselves up are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. See the tips for some ideas to try out.



## RELAXATION TECHNIQUE:

This relaxation exercise releases muscle tension and stress.

- Pretend to reach up to the tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.
- Throw the lemons on the floor and relax your hands. Then repeat, until you have enough juice for a glass of lemonade!
- After your last squeeze and throw, shake out your hands to relax!



## TEXT SHOUT TO 85258:

This is the journey of contacting SHOUT:

<https://www.youtube.com/watch?v=UpCl8FMtouY>

wellbeing@ousedale.org.uk



# WELLBEING TIPS

wellbeing@ousedale.org.uk

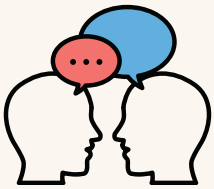
January 2024

## 5 WAYS TO WELLBEING

If you watched the Youtube suggestion then you will know what these are. If you haven't we would suggest you watch it first then continue reading below.

## YOUTUBE LINK:

<https://www.youtube.com/watch?v=gJ5V525Sck>



Connect



Be Active



Keep Learning



Take Notice



Give

**Connect:** Good relationships are important for your mental wellbeing. Try not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting or messaging people.

**Be Active:** Being active is not only great for your physical health and fitness. It causes chemical changes in your brain which can help to positively change your mood.

**Keep Learning:** Research shows that learning new skills can also improve your mental wellbeing by helping you to build a sense of purpose. Try new hobbies that challenge you, such as writing, taking up a new sport or learning to paint, reading, learning a recipe.

**Take Notice:** Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

**Give:** Research suggests that acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward. It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

## LINKS:

<https://giveusashout.org/get-help/issues/help-self-harm/>

When you feel low you are more likely to do low mood activities such as staying in bed, watching tv all day, scrolling on TikTok. These can help in moderation, but rarely does someone feel better after doing it.

wellbeing@ousedale.org.uk

