



KINGSBURY HIGH SCHOOL

Mental Health Bulletin

Dear Students,

Our challenge for the week

So this week's challenge is to improve/ develop a hobby or a lifestyle factor that you already have or wish to gain. For example:

- Reading
- Writing
- Drawing/ painting
- Learning new language
- Knitting
- Exercising and challenging a friend to do the same and motivating each other
- Eating healthy
- Sleeping well

“Spending time on an activity that you enjoy can improve your mental health and wellbeing. Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression. Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports can improve your communication skills and relationships with others”
<https://headtohealth.gov.au/meaningful-life/purposeful-activity/hobbies>

Tips on how to make time for YOU:

Make a bucket list - write down all the activities you have always wanted to do and include the ones you wish to do more of.

Limit or remove distractions i.e. limit TV watching or social media scrolling.

Create a schedule that maps out your week and make sure to balance out the things you HAVE to do and the things you WANT to do.

Try and spend an hour each day doing something for you i.e. reading a book or taking a gym class. Be daring and drop into a class that is out of your comfort zone.

Learning a new skill is also in the top five tips for mental wellbeing according to the NHS. It goes on to say that by acquiring a new skill set instils confidence and a sense of achievement.”
<https://www.ymca.co.uk/health-and-wellbeing/feature/how-taking-hobby-can-improve-your-wellbeing>

Keep safe, stay happy and we will see you soon,

The Well-Being Team.