



KINGSBURY HIGH SCHOOL

Mental Health Bulletin

Good day Kingsburiens,

This week we thought of a unique Well-Being Bulletin challenge.

Reflection

We have lived nearly a quarter of our lives and it could be considered a very good point in our life to reflect on ourselves and the life we have been living.

Self-reflection is a process by which you come to an understanding of who you are, what your values are, and why you think and act the way you do. It is the process of rebuilding yourself to be the best version of you.

Your task for this week would be to take a few minutes of your day to reflect back on your life. Think about all the acts that you have done that makes you feel proud of yourself. For example, achieving high grade in your subjects. Also think about what you could do better and change to improve and develop your skills.

Self reflecting will lead to self-awareness which could be considered the base of our internal existence, by being self-aware we are more likely to make wise choices in the present and the future, which would make us pro-active as well as becoming a better version of ourselves.

Reflecting back on our past is not just a memory, rather it is a lesson that we can use to learn from, which we can apply to our lives in the future to avoid repeating the same mistakes again.

This could be considered a very good time to think about your future goals. Ask yourself: "Where am I now- where do I want to be- how can I get there- what do I need to do and who can help me"

Being able to formulate a plan when times are tough is a well-being issue. Planning to solve those things that we feel are currently getting on our way, to improve what we do or to reach a goal empowers us to feel in control over ourselves and our futures. This helps us see problems as a factor that we can solve rather than a barrier which is preventing us from moving on or feeling happy.

By no means do we expect you to decide what you will eat next year dinner but we ask of you and ourselves to have general plans in life, a goal that you are aiming for. This will help carve a path in life for you.

"A man who dares to waste one hour of time has not discovered the value of life".
-Charles Darwin

Let's not be one of those people but the individuals that have a plan that looks to improve our future and lives.

Stay well, stay safe, look after yourselves and your loved ones and we will see you soon.

The well-being team.