



KINGSBURY HIGH SCHOOL

Mental Health Bulletin

Hello there Kingsburians!

This week's Well-Being Bulletin challenge is our social wellbeing.

Recall a time when you smiled at a stranger? You most likely have never thought about it until now. A smile is considered a sign of happiness. So why is it that you get happy seeing others happy? The question itself is the answer, we humans are as such that seeing others happy makes us happy. Doing positive things for others also makes us happy and improves our well-being.

It is not just us that play a role in our happiness and well-being; it is our friends and those close to us, they also have an impact on our happiness.

Our social wellness is the connections in our social life.
How can we increase our social wellness?

One's social life is considered a pillar, holding up their wellbeing. Our social life is what plays a big role in shaping us as humans; it is our loved ones, family and friends that decide what kind of humans we are.

Having 50 friends is great but what we all need are just a few trusted, reliable and supportive friends in our life that we never have to think about asking for help - we just do this when it is necessary. We need to pick those friends that define us as people, ones that follow our morals and our convictions. By no means do I want friends that are exactly me, as a matter of fact I want friends that are a bit different with whom I can debate with and talk to but I don't want friends who do me more harm than good and have a negative impact on my well-being.

Some of you might already have those friends. Then, do you have the connections? Are you connected with them? This is important and eye opening especially at times like this, if you don't stay in contact with them, then how do you know if they are well?

I understand that this pandemic has robbed us of places we could have ventured this year, memories we could have made, to look back on smiling "those were the days". It is these happy memories that protect us from anxiety isolation and can help fend off depression. Memories are what gives meaning to our lives and helps us to learn what is good for our well-being and what is not. Friends help give us these positive memories. It is often our friends that help us by acknowledging our existence and giving us a sense of belonging. This is why humans crave friends, to belong.

Having close bonds doesn't mean that friends will always be there, that is one of the more difficult truths of life, friends change. But friends also require some work to keep, which is why I encourage us all to connect with friends, find your ideal friends and be happy.

This week's challenge is to contact at least two of your school friends who you have not heard from for a while and see how they are.

The Well Being Team