



UFFCULME SCHOOL

Looking after your Mental Health

Uffculme School Newsletter October 2016

Most of us know what we need to do to keep physically healthy. But it is also important to look after our mental health. Over the next few newsletters we will offer some tips and information on how to stay well in mind as well as body.

Make time to be involved in some fun or relaxing activities

Make sure you spend time doing things you enjoy as well as things that make you feel good about yourself. These can be as part of a group, such as a team sport, or something that is of particular interest to you, such as photography or baking.

- 🚲 Make a list of things you enjoy doing
- 🚲 Give yourself some small targets for “achievements”
- 🚲 Keep going, even if you don’t enjoy yourself at first—it may take some time
- 🚲 Praise yourself for trying

Now is a great time to try something new. There are plenty of clubs and activities at lunchtime and after school to choose from. For a full list visit the extra-curricular section on the school website.



Uffculme School Student Welfare Services
Looking out for our students