



The Hillcrest Wellbeing Newsletter

Welcome to the 3rd edition of the **Chatterbox** newsletter !

This time of year is all about new beginnings and there's evidence all around us! Daffodils, tulips and other flowers are blooming, trees are beginning to bud and blossom and we can hear more birdsong - especially in the mornings!

Although life isn't quite back to how it used to be yet, there are a lot of new beginnings to look forward to and to be excited about.

With the weather improving (hopefully!) we can spend more time outside in the fresh air. Being outside, whether you're playing, riding your bike, walking the dog, or going on a nature walk, is a great way to help not only your physical health but your mental health too and help us feel more positive and happy.

The 20th of March is International Happiness Day and this will be an opportunity to share a little happiness. Sometimes the simplest of actions, like a smile, can cheer someone up and make them feel happy.

Did you know that we have 43 muscles in our face and we use all these muscles when we frown but only 17 when we smile? And smiles are free!

There are so many ways to spread a little happiness :

Telling jokes and making someone laugh, phoning friends and relatives, drawing someone a picture, being helpful, talking and listening, saying something nice to someone or doing something kind.

Attached in this edition is details of a positivity jar that can help with your own happiness. It gives you instructions on how to make your own and what to put inside. Think about the messages you could write that would make you feel happy.

be happy ♥

Learn from yesterday, live for today, hope for tomorrow

Albert Einstein

News and Events

19th March 2021 Comic Relief Superhero Day

20th March 2021 International Happiness Day



Five Steps to Wellbeing



Connect - Spend time with family and friends. Enjoy doing things together and talking to each other.

Be active - It keeps you physically healthy, and makes you feel good.

Take Notice - Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

Keep learning - Try something new. Maybe a new hobby or learn about something that interests you.

Give - Do something for a friend or relative/adult, as well as making them feel good, it can make you feel good too!

At Hillcrest we are:

Brilliant

Resilient

Accepting

Valued

Empathetic