



Mental Health and Well-Being Support with Mr Doyle - Issue 4

Help, Support and Advice with our Mental Health during these challenging times. We are always here for you!

This week our Mental Health and Well-Being focus is on: **Learning Something New** which is a key part of the [NHS five steps to Well-Being](#).

Research shows that learning new skills can also improve your mental wellbeing by: boosting self-confidence and raising self-esteem, helping you to build a sense of purpose and helping you to connect with others.

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life. Some of the things you could try include:

- ▶ try learning to cook something new.
- ▶ try taking on a new responsibility at work.
- ▶ work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online.
- ▶ consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing. The [Skills Toolkit](#), a government initiative, is made up of free online courses, tools and resources to help you improve your digital and numeracy skills.
- ▶ try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint. The possibilities are endless!



How about having a go at learning a new language? Check out this French learning app: <https://www.educationalappstore.com/app/duolingo-learn-languages>

Check out what the media are saying about online courses... <https://www.theguardian.com>

Let's look at food and cookery in a little more detail...we appreciate that these are challenging times both mentally and financially. So a bit of meal planning may help alleviate any anxiety you may be feeling around shopping and meal times. This is also an opportunity for your child to develop a very important life skill. Cooking together and learning new recipes! Check out these brilliant resources designed to help with ideas for meal times and food planning and other food related things:

<https://www.nhs.uk/live-well/eat-well/?tabname=recipes-and-tips>

20 tips for eating well for less

<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>

Mindful Eating with Headspace: <https://www.headspace.com>

