

Mental Health and Well-Being Support with Mr Doyle Issue 12 - Mental Health Awareness Week!

Don't forget, where you see the orange underlined text, that is a link to a super mental health and well-being resource!



'There is something to be wondered at in all of Nature' (Aristotle). Click this link to access [a brilliant video from the Mental Health Foundation](#), highlighting just how important nature is for our mental health and well-being!



There's a lot of good research to support the role nature can play in protecting and supporting our mental health. Here is a link to: [top tips on connecting with nature to improve your mental health](#). Here, you'll find some great advice and ideas on how nature can have a positive impact on our daily lives.

Many of us with mental health problems face barriers that might stop us connecting with nature. Please look at the link below from Mind (a charity that provide [advice and support](#) to empower anyone experiencing a mental health problem) for ideas to help you overcome any difficulties you may have accessing the wonderful world! [How can I overcome barriers?](#)

WOW, earlier this week I met Andy and Coach Bennett (not personally 😊) after they were introduced to me by our Headteacher Mr Leach, a couple of months ago. They spoke to me through my headphones and made my run a whole lot more enjoyable and chilled. You can find them at either the ['Nike Running App'](#) or via ['Headspace'](#). Mr Doyle 👍

Our newest feature... 'MR DOYLE SAYS...'

I believe we have come a long way with the positive conversations we have about our mental health and I am proud to be leading this area in our outstanding school. 'Mental Health Awareness Week' provides us with a great opportunity to continue to normalise conversations around staff and pupils mental health and well-being and I am excited to introduce you all to this brilliant initiative. Enjoy...

Feeling it? Give the [NHS five steps to well-being](#) website a visit, you may be able to improve your mood.



Ask yourself...
Where am I on the rainbow today?



What I do to look after my mental health...by Mr Leach!

Spending time outside, appreciating nature, is central to what I do to look after my own mental health and well-being. Running our school can be hard, tiring and very stressful and I love nothing more than being with my family on the beach or in the forest. It's a great way to switch off! Why don't you try it and see if it helps you too!

