



Mental Health and Well-Being Support with Mr Doyle Issue 14 - A Special Half-Term Edition!

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



The half-term provides a great opportunity to practice some of the mindful activities we've been talking about over the last couple of months. Whether it is exercise, giving, learning something new, connecting or taking notice - just put yourself out there! Head over to the [NHS five steps to Well-Being](#) for more tips and info.

MINDFULNESS

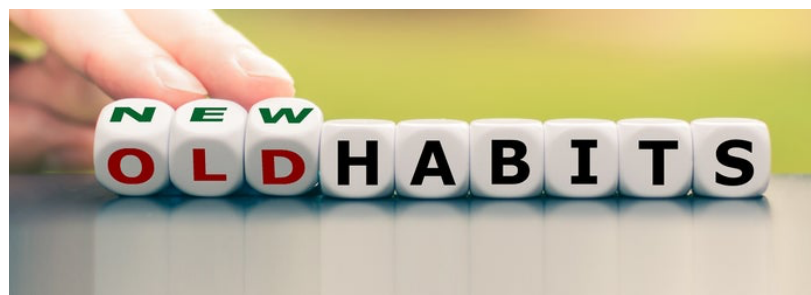
Our habits can come to define us. Our good habits can lead us to make progress and become successful, while our bad habits can cause us to fail. Habits are powerful, and they are difficult to make or break, but if you can gain control over your habits - both positive and negative - you can be that person who has good mental health and well-being. Check out these articles for further information: <https://www.entrepreneur.com/article/241635> and <https://jamesclear.com/three-steps-habit-change>.

MR DOYLE SAYS...

This week's resource is a real mix of mental health and well-being boosting bits and bobs! Take the time to try some of these while we are off - you won't regret it! Are you looking for inspiration? Check out this video aimed to help you to form strong habits: [The 20 Second Rule!](#)

CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING Give

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



create Better Habits



Let's start thinking about creating some good habits - like Mr Doyle, who is on a 38 day meditation streak! That means that he has meditated every day for 38 days for 15 to 25 minutes at a time. Maybe you could try one of these...

- ▶ No tech before school!
- ▶ Reading for pleasure or to my child/children every day!
- ▶ Enjoying a family meal together every day or even just once a week!



Check out this free energy boosting activity on offer this half term. What an amazing charity the Liverpool Foundation are: [Go Play!](#)