



## Teach Happy

### Simple Wellbeing

Wellbeing is highly individual. We believe that you are the best person to understand what you need for your wellbeing. On this page we'll give you some **simple strategies** for improving your wellbeing:

- Find out what works for you. Experiment with exercise, food and relaxation. See what suits your body, what suits your mind, what suits your daily routine. Pay attention to how you feel when you make a change in your food, exercise or relaxation. If it feels good to you, you are more likely to keep doing it.
- Once you have an idea of what works for you, you can prevent the build up of stress. You can take back control. It may take a few tries to discover what works, so keep looking. Try a simpler version or something different altogether.
- Exercise is not just beneficial for your body, it also helps to keep your mind healthy. Exercise reduces stress in your body and releases feel good hormones. You don't have to join the gym or run a marathon. Just keep your body moving. Walk rather than drive. Take the stairs.

Have a think about what you can do in your daily schedule to get more movement in your life.

- Relaxation can be anything positive which puts you in the moment and in flow. For some of us reading a book and switching off is all we need. For others meditation and mindfulness work wonders. For some, running may still their busy minds and emotions. Or perhaps you feel better chatting in a busy restaurant with friends.



Whatever it is that works for you, what matters is that you take care of yourself. This can be hard to do when we are under stress, have too much work or are simply tired.

The simplest relaxation technique is breathing. Slow, deep breathing, even for just a moment, sends messages to the brain via the nervous system to relax and let the body relax. Try this to start with:

<https://www.youtube.com/watch?v=F6eFFCi12v8>

- By giving, we also receive is the old saying. Negative comments produce cortisol, the stress hormone, which creates conflict, aversion and self-protection behaviours. On the flip side of this, positive comments and conversations produce the feel good hormone oxytocin. Oxytocin actually increases our ability to communicate, collaborate and trust others [1].

We can be more mindful of our interactions with our colleagues and the young people and children we work with. Kindness creates feelings of joy and satisfaction. By making someone else feel good, you also make yourself feel good. Kindness can be as simple as listening to someone. Just by giving someone the space to say what they need to say, you are creating a sense of comfort.

#### **To recap:**

- Find out what works for you by experimenting
- Don't give up
- Moving your body makes your body and your mind feel good
- Relaxation puts you in the moment
- Focusing on breathing is the simplest relaxation technique
- Kindness makes you happier

[1] 'The Neurochemistry of Positive Conversations' Glaser, Judith & Richard, June 12 2014, Harvard Business Review