

# MENTAL HEALTH AND WELLBEING NEWSLETTER MAY 2021

## WELCOME

Welcome to the May 2021 Mental Health and Wellbeing Newsletter produced by Rotherham MAST. For more information about MAST please visit our page on the Maltby Learning Trust website: [Maltby Learning Trust - Multi-Agency Support Team \(MAST\)](#)

## DID YOU KNOW?

Trees and plants communicate with each other through the release of chemicals called terpenes.

## DID YOU KNOW?

When we walk in a woodland area we breathe in and absorb terpenes; these boost our immune system and general wellbeing.

## MENTAL HEALTH AWARENESS WEEK



Mental Health Awareness Week runs from 10-16 May 2021 with a theme of 'Nature and the Environment.' We know that mental health and physical health are closely linked, and that the endorphins produced when we exercise trigger positive feelings in our bodies which can lift our mood. Some people may even experience a sense of euphoria after a run or work-out – although this might also be associated with being able to have a sit down!

Being out among nature while taking exercise has the potential to increase that feel good factor. Biophilia describes an innate tendency humans have to seek a connection with nature and other animals. Research suggests that spending time in green spaces can lower stress levels, improve memory, increase concentration and elevate mood. The Mental Health Foundation are encouraging everyone to experience, share and talk about nature: **#ConnectWithNature and share what this means for you.**

During Mental Health Awareness week it is important to remember that we all have mental health and that our mental health can fluctuate from day to day. Evidence suggests that following the 5 ways to wellbeing will help us to maintain good levels of mental health.



[Five ways to wellbeing | Mind, the mental health charity](#)

[5 steps to mental wellbeing - NHS](#)

[Five ways to mental wellbeing - GOV.UK](#)



The above links might provide you with some ideas and tips. Otherwise, why not try linking these to nature.

## CONNECT

Connect with the people around you: your family, friends, colleagues and neighbours. Enjoy some homemade lemonade in the garden: <https://www.bbcgoodfood.com/recipes/really-easy-lemonade>

## BE ACTIVE

Take a walk. Have a look at some of the walks available in Rotherham and Doncaster here: [Public rights of way – Rotherham Metropolitan Borough Council](#) [Doncaster walks to download and print FREE! | Walking in England](#)

## KEEP LEARNING

Learning new skills can give you a sense of achievement and a new confidence. Why not discover how to make a wildlife haven: <https://www.rhs.org.uk/advice/wildlife-garden>

## GIVE

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Why not get creative and make someone a homemade bird feeder:

<https://www.nationaltrust.org.uk/features/make-a-bird-feeder-from-recycled-materials>

## TAKE NOTICE

Be mindful and more aware of the present moment, including your feelings and thoughts, your body and the world around you. Try sitting with your back against a tree and breathe in nature, observing the patterns of the leaves and the colours around you. Or try this guided meditation if you can't get outdoors: <https://www.fragrantheart.com/cms/free-audio-meditations/relaxation/the-tree>.



You could also take a look at the Mental Health Foundation 'Thriving with Nature' booklet: <https://www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide>



Chrysanthemums contain essential oils which can reduce worry and stress, and strengthen the immune system. Why not treat yourself to a little bouquet – or even some chrysanthemum tea!

## LOOKING AFTER OURSELVES – AND OTHERS

It's important that we take care of our own mental health but also support our colleagues. Take notice if they seem unusually tearful, irritable, moody, withdrawn, hyper or tired. The Anna Freud National Centre for Children and Families has a useful booklet which is worth taking a look at:



You might also have concerns about a child's mental health. It is important that you liaise with your safeguarding team if you have any concerns. If you are interested in learning more about how mental health affects children you might be interested in signing up to the Place2Be Mental Health Champions Programme which you can study at a time which suits you: **[Children's mental health training course for schools and teachers \(place2be.org.uk\)](#)**



**If you are concerned for yourself or a colleague please speak to your line manager in the first instance; there may be other support we can offer.**

**Rotherham MAST is an MLT in-house mental health provision and does work predominantly with students but has some capacity to deliver counselling interventions for staff. This might take the form of a one-off drop-in session or formal counselling for a period of up to 6 weeks. Sessions are confidential, subject to safeguarding issues, and based in the Rotherham MAST offices at Maltby Academy. For a referral to Rotherham MAST, please speak to the Principal in your Academy who will then liaise with HR and/or MAST to determine current capacity and waiting times.**

**Alternatively the Education Support Partnership has a 24/7 helpline which is staffed by trained counsellors: Tel 08000 562561**

**For useful websites and crisis numbers please visit Rotherham MAST: [Microsoft Word - Mental Health and Emotional Wellbeing - Website Info January 2021.docx \(maltbylearningtrust.com\)](#)**