

# Inclusive Learning Federation



## Wellbeing Newsletter

Welcome to our Spring Term ILF Wellbeing Newsletter.

As we move into spring, it's the perfect time to refresh our minds and focus on our wellbeing. The days are getting longer, and the sun is coming out and we can feel more energised.

Here are some wellness tips to embrace Spring:

- Enjoy the sun. Take time to get outdoors. Sunlight boosts serotonin levels, which can improve mood and help alleviate symptoms of depression.
- Get moving! Try to incorporate some movement into your daily routine. Exercise releases endorphins, the body's natural stress relievers, allowing you to de-stress.
- Practice mindfulness. Mindfulness helps reduce stress, increase self-awareness, and enhance overall wellbeing. Engage in activities that promote present moment awareness, such as meditation, deep breathing, or simply appreciating a cup of tea outdoors.
- Get creative! Creativity can be an outlet for reducing stress and navigating emotions. Spring is the perfect season to tap into your artistic side, engaging in creative activities can be a calming way to express yourself.
- Seek support. Navigating mental health challenges can feel overwhelming, but you don't have to do it alone. If you're struggling, there is support for you. The Hub of Hope is the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, they can help.  
<https://hubofhope.co.uk/>

**Useful links if you need any support over the break.**

<https://www.mind.org.uk/>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.milton-keynes.gov.uk/health-and-wellbeing/mental-health-and-wellbeing>

For Safeguarding concerns contact:

Milton Keynes Multi Agency Safeguarding Hub (MASH)

Call 01908 253169 or 253170.

Email [children@milton-keynes.gov.uk](mailto:children@milton-keynes.gov.uk)

### Key Dates

April Stress Awareness Month

12<sup>th</sup> – 18<sup>th</sup> May Mental Health Awareness Week

9<sup>th</sup> – 15<sup>th</sup> June Carers Week

Check out these websites for activities over the break:

<https://www.destinationmiltonkeynes.co.uk/news/free-family-activities-at-centremk-this-easter/>

<https://www.theparkstrust.com/events/easter-eggstravaganza/>

<https://oxfordshire.redkitedays.co.uk/event/whats-on-for-kids-easter-holidays-in-buckinghamshire/>

