

# Wellbeing Newsletter

## Creating happy, resilient families



### This month's wellbeing is talking about 'My Health, My Right'



As Spring approaches, the rain is lashing down on the window outside, but spring, daffodils and the warmer weather is definitely on its way. That is certainly a relief!! As the warmer weather approaches we are able to get outdoors in the fresh air much more, something which is fundamental to both our physical and mental wellbeing.

April is also Stress Awareness Month and so it felt very pertinent to write an article offering practical tips on how you can show self-care, or how you can offer advice to someone else who finds themselves buckling under the pressure of stress. are just some of them.

- 1. Sunlight exposure:** Being outdoors exposes you to natural sunlight, which helps your body produce vitamin D. Vitamin D is essential for bone health, immune function, and mood regulation. Sunlight exposure also helps regulate your circadian rhythm, which can improve sleep patterns and overall mood.
- 2. Fresh air:** Outdoor air tends to be fresher and cleaner than indoor air, especially in natural environments like parks. Breathing fresh air can improve lung function, boost oxygen levels in the blood, and increase feelings of vitality and energy.
- 3. Physical activity:** Outdoor activities such as walking, running, hiking, or biking encourage physical movement and exercise. Regular physical activity is essential for maintaining a healthy weight, improving cardiovascular health, reducing the risk of chronic diseases, and boosting mood through the release of endorphins, the body's natural feel-good chemicals.
- 4. Connection with nature:** Spending time outdoors allows you to connect with the natural world, which can have a calming and grounding effect on your mind and body. Nature has been shown to reduce stress, anxiety, and depression levels, promote relaxation, and enhance feelings of wellbeing and happiness.
- 5. Social interaction:** Outdoor settings provide opportunities for socialising and connecting with others, whether it is through group activities like sports or simply enjoying a walk with friends or family. Social interaction is vital for mental health, as it can reduce feelings of loneliness, increase self-esteem, and provide a sense of belonging and support.

Thus, it is fair to say that spending time outdoors really does offer a multitude of physical, mental, and emotional benefits that can contribute to your overall sense of wellbeing and improve your quality of life....so go on dig out those wellies and head outside.

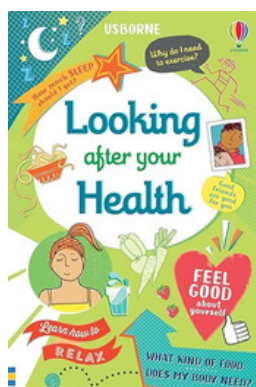


  
**Helpful  
Websites!**



# Wellbeing Newsletter

## Book of the Month



## This months podcast



## World Health Day 2024: My health, my right

Around the world, the right to health of millions is increasingly coming under threat.

Diseases and disasters loom large as causes of death and disability.

Conflicts are devastating lives, causing death, pain, hunger and psychological distress.

The burning of fossil fuels is simultaneously driving the climate crisis and taking away our right to breathe clean air, with indoor and outdoor air pollution claiming a life every 5 seconds

# World Health Day



Why is it important to understand our rights?  
We all have rights.

When we talk about rights, we mean our rights to:

Do things, like be involved in decisions about ourselves  
Have things, like food, housing and healthcare  
Be treated in a certain way, like to be protected from abuse  
It's important to understand what your rights are so you can make sure you're being treated fairly, and that you have the protection and support you need.

