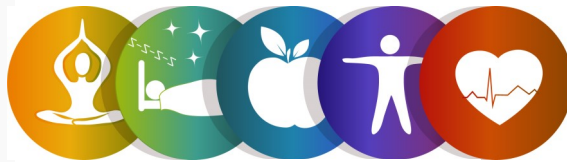




THE AVENUE INFANT SCHOOL

Mental Health & Wellbeing Newsletter

January 2023



Beat the “January Blues”!

[Beat the “January Blues”! | Action Mental Health \(amh.org.uk\)](https://amh.org.uk)

It may have been the season of goodwill, but the festive season is accompanied by a variety of stress factors, including alcohol, changed sleep patterns, increased debts and family conflicts. Losses during the year, be it the death of a loved one or economic setbacks, are also experienced more acutely during this time.

After the rush of the holidays, January can be a difficult month. The festivities have ended; its cold and a long wait until pay day. It is little wonder that Monday 21st January was adopted as “the gloomiest day of the year.”

For many already living with mental health issues, the season of goodwill may have been a far cry from the ideal of family gatherings overflowing with gifts. The problems are far more serious and distressing, and January can be a very isolating period haunted by disappointment, anxiety, sadness, depression or even suicidal thoughts.

At this time of year, we all need to talk more than ever.

It is important for individuals to acknowledge the difficulties during this period and seek professional help with severe ‘January blues’ when needed. However, staying active and not isolated, reducing alcohol consumption and being aware and mindful of difficult family dynamics can lessen the blues.

There are also a few simple steps that can help minimise the risk of mental health issues arising this January:

Beware of drinking to excess (remember that alcohol is a depressant and can worsen the symptoms of depression).

- If you are worried about being alone, find out what is going on in your local community or join a local group
- See whether there is a good time to visit friends or relatives
- Sharing your feelings with others, such as friends and family members, who can help you identify and work through any emotional challenges you may be experiencing.
- Regular physical activity has been shown to have antidepressant effects in people with mild to moderate depression
- Do not be afraid to seek professional help



Let's look out for and support one another



Happier January 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

10 Days of Happiness

[Happier Kinder Together | Action for Happiness](#)

Free online program to boost your wellbeing



Small daily actions for big positive changes

We all want to look after our mental wellbeing, but this can be hard to do - especially in challenging times. This program helps you learn simple daily actions which are proven to give you a boost and help you feel happier.

Overcoming Anxiety—YouTube videos to watch to support

Overcoming Anxiety with Dr Wendy Suzuki - [YouTube](#)

Happier January with Vanessa King—[Happier January with Vanessa King - YouTube](#)

How To Stop Overthinking - [How To Stop Overthinking with Ethan Kross - YouTube](#)

Unwinding Anxiety - [Unwinding Anxiety with Dr Judson Brewer - YouTube](#)

Happy Mind Happy Life—[Happy Mind Happy Life with Dr Rangan Chatterjee - YouTube](#)

Mental Health & Happiness—[Mental Health & Happiness with Prof. Richard Layard - YouTube](#)

Resilient Wellbeing—[Resilient Wellbeing with Dr Rick Hanson - YouTube](#)

Self Care in 10 Minutes - [Self Care in 10 Minutes with Dr Lee David - YouTube](#)

Resilience & Recovery - [Resilience & Recovery - with Sian Williams - YouTube](#)

Reducing Stress—[Reducing Stress - with Jon Kabat-Zinn - YouTube](#)

Mindfulness Made Easy—[Mindfulness Made Easy - with Shamash Alidina - YouTube](#)