

Mindful March

I'm hoping, now we've hit March, spring is going to well and truly bloom across the country, both in terms of weather conditions and nature. I have found this last month particularly difficult, with the weather and lack of light in the evenings seeming to affect energy levels and motivation. A cup of tea and a blanket on the sofa have been my go to, but I have made myself get out and about meeting up with people for walks and trying to be social, to help me to feel like I have more balance in my work: life ratio. The [Signs of Spring](#) has been a useful tool to encourage me to notice nature as well.

With an early Easter break the intensity of school visits this month is high for many centres. As we get into the busier periods, I encourage you to take active steps to make plans and make the most of days off, including planning and booking annual leave so you have something to look forward to. Planning to do nothing as well as planning to go away or just go for a walk or meal out with friends are all worthwhile plans, so when discussing with others it's important to acknowledge that no plans is also a good thing. To help here is the [Action for Happiness Calendar for March](#).

Wellbeing in Practice

I was recently up at Castle Head and they have just repurposed an under used space to be a safe space for staff to use for respite due to health conditions, or just feeling a little overwhelmed. The affectionately known "Custard Room", allows staff a space to pause undisturbed, regain composure or rest a while to allow them to fulfil their roles to the best of their ability. Great work by all those involved, and I know the space is already being used.



If anyone has any great wellbeing things to shout about around their team or at a centre, please send me info and we can share ideas.

Mental Health First Aiders

Why contact a Mental Health First Aider?

Mental Health First Aiders are here for you to listen and help you figure out the best next steps for you to take. Sometimes just having a chat to someone is enough, but we may be able to help further by encouraging conversations with others such as managers, family or friends, directing to self-help resources or other support services.

Full List of Mental Health First Aiders can be found [here](#).

Along with a list of those who have other Mental Health knowledge at your centres.

If you wish to contact us you may do so directly through our email's, to arrange a face-to-face (virtual) chat, or in-person (location dependent). If you want to contact the team as a whole or someone in general about wellbeing then you can contact the group by emailing wellbeing@field-studies-council.org

If you prefer contact over the phone Emma and Rosie are available by WhatsApp/ Text to arrange a conversation. Rosie: 07579852308, or Emma: 07579813852

Dates for the Diary

14th March – [University Mental Health Day](#) for students, friends and relatives of students

15th March – World Sleep Day: Sleep is important for both physical and mental health. Check out worldsleepday.org/ for activities and resources.

20th March – [International Day of Happiness](#) This year's theme of "Happier Together" recognises the importance of connection with others near and far, and being part of something bigger.

April is [Stress Awareness Month](#), this year's theme is #LittleByLittle. Check out the link for a preview of next week.

Useful Links

The [Wellbeing Padlet](#) is also freely accessible and can be shared with those outside the organisation. It includes lots of useful links to external support as well as self-help guides.

New on Linked In last week: [One minute Mindfulness](#)