

## **Amazing April**

Last month, Rosie had the opportunity to be involved in one of the Adventures Away from Home residentials, which was great to deliver and meet students who had never had any opportunities to be out in the countryside before. It really resonated from a wellbeing point of view, as well as a reminder of our purpose, whilst being delayed by all the students and some of the teacher's taking photos of young lambs!

This month starts with Easter, and school holidays, which means University groups at many centres, family activities for others and primary schools beginning to return to centres in earnest. A change is good, but this is also time to remember to have a rest, so aim to get outside and enjoy the spring weather this month, fingers crossed for sunshine.

## **Wellbeing in Practice**

Debbi Nobbs who is part of the Hospitality team at Nettlecombe has taken on a key role at the centre, highlighting staff wellbeing, after studying for a Mental Health Awareness and Advocacy course in her own time. Debbi is taking charge a section of the Staff Noticeboard and really helps promote things such as the Action for Happiness calendar and awareness days, supporting Robyn who is Nettlecombe's onsite Mental Health First Aider.

This lovely short article about 5 ways to connect to Nature [5 Simple Ways to Connect with Nature for Mental Wellbeing - Exhale \(exhalehub.com\)](https://www.exhalehub.com/5-simple-ways-to-connect-with-nature-for-mental-wellbeing) is a great reminder of the basics and a good example of articles that can be shared with your teams on noticeboards or at team meetings.

If you find any good articles related to wellbeing, please share on the #wellbeing slack channel, or email them to [wellbeing@field-studies-council.org](mailto:wellbeing@field-studies-council.org) so we can add them to future newsletters and the Wellbeing and Support Padlet.

## **Dates for the Diary**

April is [Stress Awareness Month](#) The theme #LittlebyLittle is all about building change piece by piece. There is a lovely infographic from The Stress Management Society.



# Small Actions To Make Big Changes



## CONNECT WITH SOMEONE

Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness.

## PRIORITISE SLEEP

Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time · Make your bedroom a 'tech-free' zone · Create a clean and restful sleep environment · Jot down what's on your mind and set it aside for tomorrow · Avoid caffeine after 4pm.



## MOVE IN YOUR OWN WAY

Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

## SPEND TIME IN NATURE

Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short walk after work. Stimulate your senses and look at the beauty of nature



## BREATHE DEEP

Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

## PRACTICE MINDFULNESS

Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.



**#LittleByLittle**

25<sup>th</sup> April – Have some fun by changing your office routine, this “On your Feet Britain” day. #SitLess #MoveMore #BigWiggle Find out more: <https://yodesk.co.uk/pages/onyourfeet#event>

### Useful Links

- Mental Health First Aiders list is available [here](#).
- Lots of resources are available online, if you are wondering where to start - check out the [Wellbeing and Support Padlet](#).
- Westfield Health also has a new App – called Wisdom. To download and register see the [Westfield website](#).



Everybody should be quiet  
near a little stream and listen

From 'Open House for Butterflies' by Ruth Krauss. Illustration by Maurice Sendak.