

Nurturing Your Inner Garden: A Guide to Wellbeing

Grow your mind, tend to your heart, and let your brilliance bloom!

- Physical activity, such as walking or dancing, releases endorphins which act as natural mood-boosters to help you feel calm and focused.
- Quality sleep is essential; it allows your brain to process the information learned throughout the day and helps you manage your emotions more effectively.
- Talking about your feelings with a trusted adult or friend is a sign of great strength, as it helps to lighten the weight of complex emotions.
- Mindfulness involves focusing on the present moment, which can help you step away from worries about the past or the future.
- A balanced diet and staying hydrated provide the fuel your brain needs to solve problems and stay energised during the school day.

Did you know? Did you know? Research suggests that performing small acts of kindness releases 'feel-good' chemicals in the brain, such as dopamine and oxytocin. Just like Leo the Lion helping his friends, helping others can actually improve your own mood and sense of connection to the world around you!

Key vocabulary: Resilience · Mindfulness · Empathy · Self-regulation · Perspective · Gratitude