

MINDFULNESS



It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

We Need Your Help/Ideas

The health champions would really like to continue to do something like the meeting refreshments and xmas muffins but are looking for fresh ideas, if you have any please let us know at

hc@wadebridge.cornwall.sch.uk



Don't forget to say hi to your buddy with a message, or gift in their pigeon hole.

Send a nomination to stars@ to get an anonymous treat sent to a worthy recipient

Notices

We would like to welcome our new members of staff:

Melanie Hellier

Morwenna Hawtin

Faye McFarlane



World cancer day is the ideal opportunity to spread the word and raise awareness of cancer in people's minds and the world media.

If you would like to contact the Health Champions for support or information, with an idea or **concern for a colleague**, please contact us on:

hc@wadebridge.cornwall.sch.uk

The little things? The little moments? They aren't little.

Jon Kabat-Zinn