

THE WINCHESTER



# Well Being Calendar



RELEASE 08



# WHY DO WE NEED THIS?

In the midst of our attention being ever so fixed on the overwhelming headlines & news articles, it's very easy for us to allow our mental & physical health fall into the cracks of dismissal. We all do need a break once in a while, and that break should be a distraction far from YouTube recommendations and our fridge!

That is why we are here to introduce to you,

**'THE WINCHESTER WELLBEING CALENDAR SERIES 2021'**

This 4 - week plan compresses mental & physical needs, making sure not to add onto your already existing workload. The activities range from all levels of difficulties, whilst rekindling wellbeing into your family, allowing for all to recharge, rejuvenate, reconnect.

PLEASE FEEL FREE TO CAPTURE THESE MOMENTS AND SEND THEM TO OUR INSTAGRAM PAGE:  
[@FIELDNOTESOFMENTALITY](#)



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# Well Being

# WEEK - 1





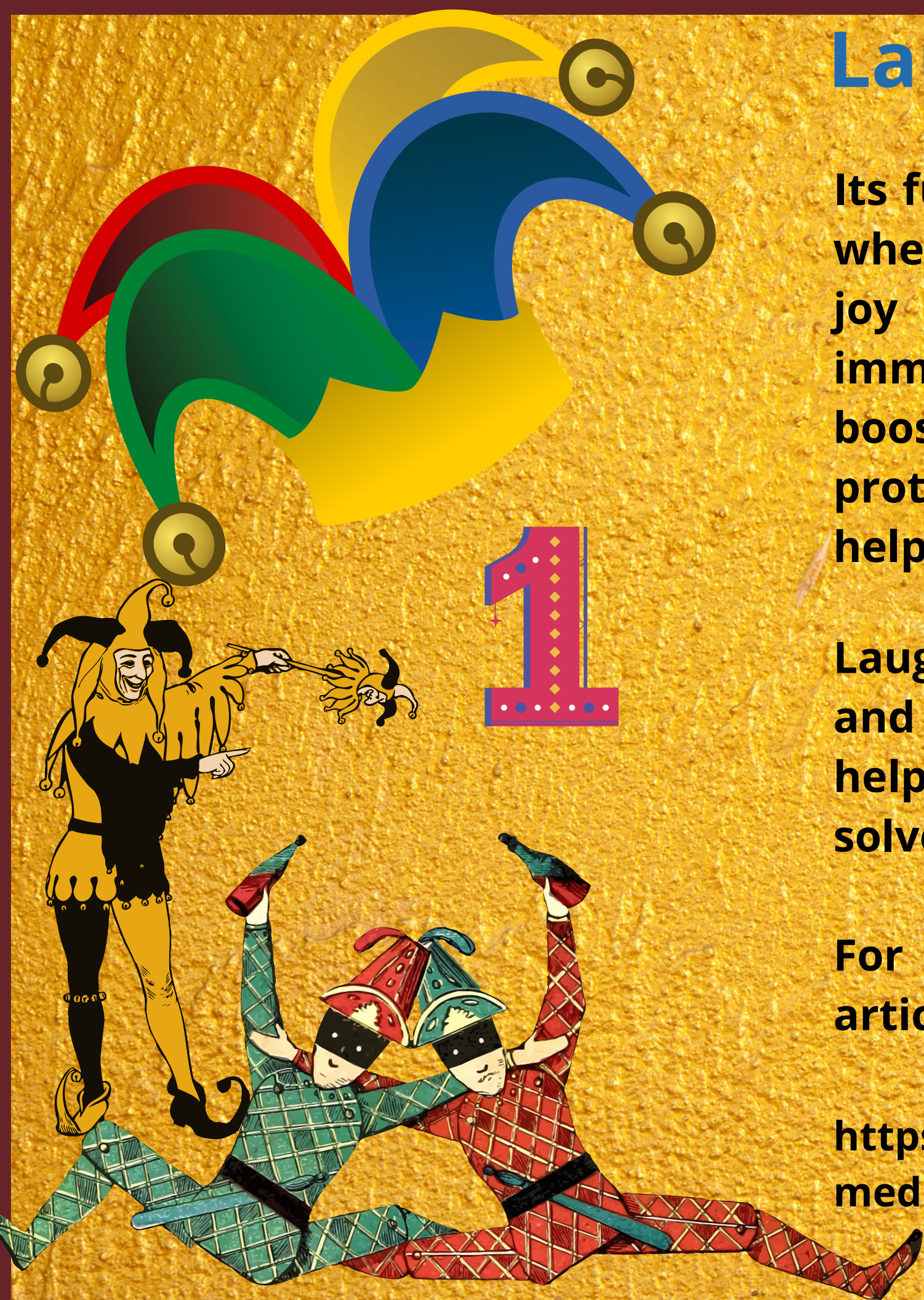
# Laughter is the Best Medicine

Its funny how April starts off with one day of laughter and silliness when in fact we should be celebrating every day with laughter and joy in our lives. In fact science has shown that laughter is immensely beneficial to us in many ways. It relaxes the whole body, boosts the immune system, triggers the release of endorphins, protects the heart, burns calories, reduces anger and could even help you live a longer life.

Laughter should be a key aspect of all our lives as its mental, social and physical health benefits showcase a variety of positives. It can help you build new, and strengthen already existing relationships, solve disagreements and help you express your true feelings.

For more information on the benefits of laughter, check out this article :

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>





# CELEBRATING WORLD HEALTH DAY APRIL 7

Aim for some sort of physical movement.

Get creative! ! Any age appropriate games that incorporate movement.

WALK at  
your own  
PACE

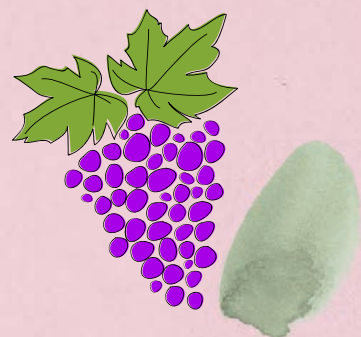
A walk around your Building  
Race up and down your stairs

Try this on the weekends as a family, and during the week you can tally your moving goal at the end of the day.

You can even create a circle with numbers to track your minutes.

As the day goes on, you can move the arrow so that your family members can see their progress.

This resembles a clock, but instead would include your goal numbers.





# ENHANCE YOUR SPIRITUAL WELL-BEING

**Letting go-** Holding on limits perception, makes us tense, and obscures our true nature. Moreover, it lies at the root of most our suffering. Letting go, on the other hand, brings relief, ease, joy, and love.

**Prayer** - Prayers are very powerful. Our prayers are one of our natural healing resources each one of us can use today, any time of the day. The medicine of prayer is a good way to maintain good health.

**Chanting** - Chanting helps quiet the mind. The repetitive sounds of chant vibrate in our brain, again and again, washing our minds, our own inner wavelengths gradually coming into resonance with the tone and feeling of the musical prayer. Chanting can serve as a helpful bridge between our busy lives of work and deeper states of meditation.





# YOGA FOR MENTAL HEALTH

## Benefits:

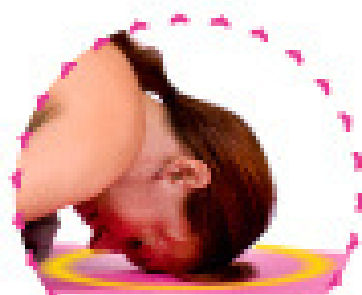
The Baby Pose plays a pivotal role in stretching the entire body including the hip joint and muscles. It increases overall balance, stamina and blood circulation. Practising it regularly relieves not only stress and anxiety but also preserve calmness and a stress-free mind.

## Balāsana

### (Baby Pose)

Get down on your knees, keeping the spine straight. Now slowly bend forwards such that both the thighs touch the chest. Keep bending forwards until your head is beyond the knee and touches the ground. Straighten both the arms backward on either side of your legs with your palms, downwards facing the floor. Be in this position for 20-25 seconds, take few seconds of break and again repeat 2-3 times.

*Child's Pose  
Balāsana*





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WEEK - 2





# Fasting and Charity during Ramadan

Exchange Ramadan greetings

Get into the charitable spirit during the Holy Month by donating to Ramadan camps, care packages and other charity organisations.

The month of Ramadan is a period of fasting, sacrifice, giving, piety and self-training with the hope that these qualities will extend beyond this month and stay with us throughout the year.

Indeed, the essence of fasting in Ramadan is spiritual

Ramadan is also a great time to start and maintain healthy habits like eating more greens, drinking more water and taking regular exercise.





# Mindful Eating is Key to Emotional Wellness

**Sit:** The act of sitting generally makes you eat at a slower pace compared to eating while standing. Be sure to not have the television on in front of you, because that is an automatic distraction.

**Smile and say thanks:** Who does not feel good after they smile? By being appreciative of the food in front of you, you will approach the meal with a sense of gratitude, knowing that not everyone has easy access to food.

**See:** Take a moment to look at your food. Look at all of the colors and textures of each ingredient in your meal.

**Smell:** Can you notice different aromas and seasoning nuances to the meal in front of you?

**Savor:** Focus on chewing slowly and savoring each bite of the meal in front of you. Try to challenge yourself by chewing each bite at least 20 seconds. Do not pick up another bite of food until after you swallow your current bite.

Because it takes at least 20 minutes for your brain to realize you are full, the act of eating slowly can leave you feeling less rushed and more satisfied with your meals.



# CELEBRATE BOOKS:



*Share books with your friends or family.*

**These could include getting grandparents or other family members to read stories over video chat;**

**Setting aside a family reading time when everyone at home, all read their own books or magazines;**

**Building a cosy reading den with cushions in a corner, or a sheet draped over chairs to make a tent; read a story or chapter and then act it out together.**



**GETTING**

**A**

**GOOD**

**NIGHT'S**

**SLEEP**

- *Keep your sleep schedule consistent.*
- *Sleeping in on the weekends or staying up too late on vacations will interrupt your biological clock.*
- *Establish a wake-up time on non-school days that is no more than one hour later than school wake up times.*
- *Turn off electronic devices early.*
- *Unwind before going to bed. Reading or taking a bath can be good ways to unwind.*
- *Use low lighting in the evenings and as you prepare for bed.*
- *Exercise at regular times each day but not within 3 hours of your bedtime.*
- *Avoid eating large meals close to bedtime—they can keep you awake.*



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WEEK - 3





# Suhoor and Iftar

**This family rule is simple:**

**Have family members submit recipes into a jar and pick it out for weekly Rewards**

★ **Suhoor is a vital part of fasting. Prepare and eat food made from fresh ingredients, cooked in a healthy manner for a nutritious Iftar meal. This will keep you nourished while setting a good example for your family and friends.**

★ **Iftar is the time you replenish energy levels so every effort should be made to consume foods from all major food groups: fruit and vegetables, rice and alternatives, as well as meat and alternatives (which include dairy).**

**It's also a great idea to introduce a new food item once or twice a week.**

*Need some inspiration?*

*Try these recipes.*

★ <https://www.okadoc.com/blog/healthy-lifestyle/foods-for-suhoor-and-iftar/>



# POSITIVE STEPS TO WELL-BEING

**Regular acts of compassion-** When we are kind, no matter how small our acts of kindness are, we experience kindness coming back to us from the whole existence. When we are kind, we feel our soul opening, expanding and embracing the world. In this state of being, we feel transformed, as well as that we can help transform the world. By performing acts of kindness, we influence others to be kind too, and this produces an endless chain of effects, a circle of kindness.

**Reading an uplifting book** - Deep reading is a distinctive cognitive activity that contributes to our ability to empathize with others. It, therefore, can, in fact, make us smarter and nicer, among other things.

**Silence** - Practicing silence doesn't mean keeping your mouth shut and being quiet. It's a state of mind where we can listen and appreciate the sounds of silence, seek the solace that silence streams and rejoice with silence. Silence allows us to see our strengths and weaknesses, thus allowing us to connect with our inner selves.



# MAKE FOOD FUN

Whether you make a coffee or you take turns choosing dinner options, there are many opportunities to turn meals into fun family activities.



When eating is about companionship, it builds positive associations between healthy food and togetherness. Relaxed conversation also de-emphasizes who eats how much of what.





# Have a Virtual Family Dinner

Each person in your party that would normally dine together can set up their computer or tablets in the room where they are eating. You can decorate your room and even break out the fancy dishes and cutlery!

A really fun way to bond over a virtual family meal is to do a recipe exchange before the date, and have each party cook the same foods so that they are really “sharing” meals. Alternatively, if you live near each other, you can do a contactless drop-off of foods you each prepare then share together virtually.





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WEEK - 4





# *Spend time with your family & friends during Ramadan*

Make your home a spiritual hub during Ramadan as we feel excited about the different routine that turns the Holy month so special. So here are some practical activities you can do to encourage family and friends to take part in the spirit of Ramadan:



- Get creative by writing out Ramadan greeting cards for friends and relatives.
- Invite your friends to help prepare Iftar by cooking some delicious recipes.
- This is a time to catch up and reflect together about the Ramadan blessings.



# Have a Family Fun Night

## *Take Turns Picking the Activity*

Take turns picking what activity you'll be doing on family fun night. Maybe one time you'll choose to watch a movie and camp out in the living room and another night you'll have a Game night.

Allowing each family member a turn at choosing the activity is a great way to get everyone involved and excited about family fun night. It can be good to mix things up so you can find activities that will please everyone.

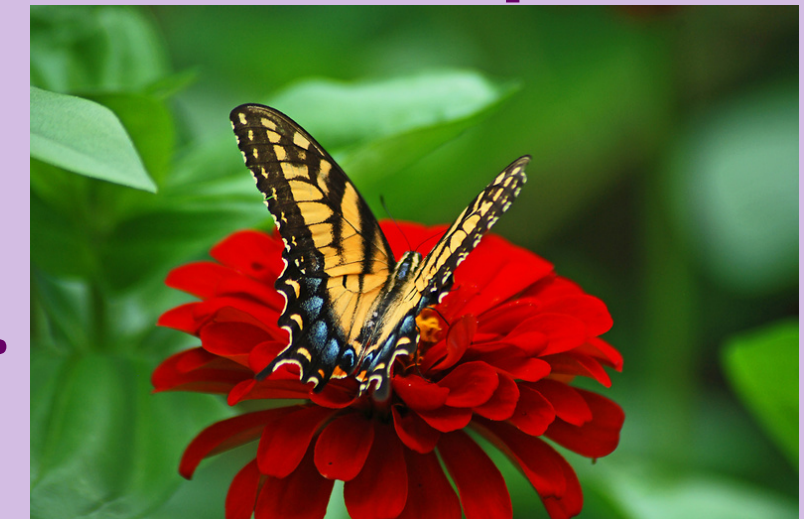




## **BOOST YOUR WELL-BEING AND HAPPINESS**

**Contemplation** - Contemplation involves thinking continuously about something, studying and musing over it, usually something worthwhile and important, pertaining to life and meaning. When this kind of reflective activity goes very deep, when a person becomes still and highly focused as they ponder, the ego dissolves temporarily and contemplation becomes increasingly like meditation. Solutions to life's problems sometimes appear spontaneously at such times.

**Spending time in nature** - Spending time with nature is one of the best spiritual activities for self-care that we can do to help us achieve optimal well-being. A study shows that spending time in nature dramatically reduces stress and is also anti-inflammatory.



**Non-judgement** - When you free yourself from judging, you create a spirituality that is freeing. It's open to give and receive love on so many different levels. You feel calm and peace because you're not assigning labels or creating positives and negatives. Everything is seen for its own inherent beauty.



# How yoga can help your digestive system

When it comes to using yoga to aid and maintain a healthy digestive system, we have to look at our parasympathetic nervous system. Often referred to as the 'rest and digest' system, this division of the nervous system is responsible for digestion, elimination, salivation and increasing intestinal and gland activity when our bodies are at rest.

The practice of yoga can be hugely beneficial in taking care of our digestive systems. It teaches us to cultivate steady breathing through series of postures, which activates that digestion-boosting parasympathetic nervous system.

## Cat and cow pose

This pose is a great one for waking up the spine and stimulating the organs.

Start on all-fours, with your hands below shoulders and knees below hips. Lift the tailbone, draw your shoulders back and lift your gaze into cow pose (pictured below). Then tuck in the tailbone, let the head drop, round the spine and draw the navel in to compress the organs. Repeat as desired.





# Simple Ways to Stick to a Healthy Diet

- ♥ Start with realistic expectations
- ♥ Practice mindful eating
- ♥ Start the day with a high-protein breakfast
- ♥ Have a game plan before eating out
- ♥ Carry healthy snacks
- ♥ Track and monitor your progress
- ♥ Don't have an 'all or nothing' approach
- ♥ Don't let traveling derail you
- ♥ Exercise and change diet at the same time
- ♥ Figure out what works best for you
- ♥ Realize that it takes time to change your habits
- ♥ Think about what really motivates you
- ♥ Keep unhealthy foods out of the house



# PROJECT OF THE MONTH

April 2021

TASTE  
TOPPINGS  
HOME





# HOMEMADE FOOD

**In our life food plays an important role, as they provide us with vital vitamins and minerals. It is necessary that which foods we choose to eat should be healthy and clean food.**

**Homemade food is the best health well food. Preparing food at home, we can control the cleanness, healthiness, freshness of the meal.**





# CHOOSE YOUR LEVEL FOR THE PROJECT



## *Level-1* STARTERS

- Try out Creative Recipes with vegetables & fruits



## ENTHUSIASTS *Level-3*

- Plan a Special Celebration Meal for your family/friends

- Experiment Cooking with herbs and spices

## *Level-2* EXPERTS





Cooking for your family and friends is one of the greatest gifts you can give them. It is an investment of time and love, and sitting down together to enjoy a delicious dinner or scrumptious dessert makes it all worth it.

**Let the fun begin!!!**

**CLICK BELOW LINK TO  
POST IMAGES,  
RECIPES OR ANY  
OTHER EVIDENCE OF  
YOUR PROJECT**



**<https://padlet.com/kanchanpalakode2004/61wsc8g4m6fro0gk>**





Our Instagram page: @fieldnotesofmentality



Are you feeling Inspired?

We sure hope so !

We can't wait to hear about  
your new found inspiration!

Email us on:

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