



Welcome and Happy new year! It gives me great pleasure in welcoming you to the first **MRC Wellbeing Newsletter 2023**.

The theme for this first edition of the MRC Wellbeing Newsletter will be 'happiness'.

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS Happier · Kinder · Together

Podcast of the week: Action for Happiness

On this episode, Action for Happiness Director, Mark Williamson. Mark talks about his personal journey, his corporate background, Mindfulness and his introduction to Lord Layard that led him to this incredible charity. Mark breaks down what Action for Happiness is, it's mission, the courses, the goals, and also reflects on the results and success so far.

Please click the link below for this podcast.

[Action for Happiness](#) | [Action for Happiness](#)

Back to school support



If you're a parent and your child is struggling with anxiety about school, or finding it difficult to go to school at the moment, we've got lots of new tips to help you navigate the start of the new term. You can find advice on supporting your child, working with their school and making changes at school by clicking below.

[School Anxiety and Refusal | Parent Guide to Support | YoungMinds](#)

Peer pressure Blog – Staying true to yourself

[Peer Pressure: How to Stay True to Yourself | Blog | YoungMinds](#)

Staying Safe at MRC

Please talk and report your concerns to us.

We cannot support you or your friends, unless we know!



Themes just around the corner

Safe Internet Day 7th February 2023



Useful Websites:

[NSPCC | The UK children's charity | NSPCC](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

[Childline | Childline](#)

[Mental health services - NHS \(www.nhs.uk\)](#)

[YoungMinds | Mental Health Charity for Children And Young People | YoungMinds](#)

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)