

# New Leaf Recovery and Wellbeing College Autumn Newsletter

October 2020



New Leaf Recovery and Wellbeing College is delivered by Hertfordshire Partnership University NHS Trust.

## WORLD MENTAL HEALTH DAY: 10<sup>TH</sup> OCTOBER 2020



This year, World Mental Health Day has come at a time where our daily lives have changed and we are all facing higher levels of uncertainty. The COVID-19 pandemic has affected many people's lives and mental wellbeing. This year's theme **'Mental Health for All'** reflects this and the importance of ensuring we recognise there is **no health without mental health** – it is too important not to be taken seriously.

[Click to read to read our full article.](#)

## Quote of the term

*"If opportunity doesn't knock – build a door."*  
- Milton Berle

Make your dreams and aspirations come true – come and join our online course 'Daring to Dream' on 15<sup>th</sup> December 2020 10:00 – 13:00.

[Book your place now](#)

## Mindful photo of the term

**Entry by Irma Mullins, A walk over the hills!**

Outseats, Peak District, Derbyshire (2/2/20).  
Send your photos to [Newleaf.wellbeingcollege@nhs.net](mailto:Newleaf.wellbeingcollege@nhs.net)

## RECOVERY CONFERENCE: 2ND NOVEMBER 2020



Hertfordshire University Partnership NHS Foundation Trust are hosting the 14th Annual Recovery Conference. This year, it's virtual and the theme is:

### **A Journey of Rediscovery, Finding Hope and Opportunity in Changing Times.**

“ We want to make the conference as interactive as we can, so our panel will be answering people's questions live on the day. If you have any subjects/questions you would like us to cover, we'll do our best to include them. ”

Please email them to: [hpft.recovery@nhs.net](mailto:hpft.recovery@nhs.net)  
The conference is free and you will hear inspiring talks sharing ideas that will help you on your journey of recovery.

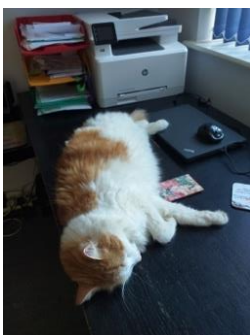
[Click to find out more and to book your place.](#)



## Blog of the term

### THERAPY CAT: BY JEANETTE

“ I really admire Benny's uncomplicated approach to life and feel I can learn a lot from him. He sees the world as a beautiful place and his purpose in it to be adored by all. I aspire to this unconditional self-acceptance, which I have tried to practice ever since attending the New Leaf Recovery and Wellbeing College Self-compassion course. My cat doesn't fret about... ”



Jeanette's blog inspires us all to be a bit more like Benny, her sassy, self-accepting cat. Jeanette's story also explores how interacting with Benny helps improve her wellbeing.

[Click to read more of Benny and Jeanette's Story](#)

## Student development

“ I enrolled in the college, and was hugely encouraged by their warmth and commitment to empowering and supporting students to improve their own wellbeing. I've attended and co-produced courses; and participated in the Student Development Programme, which has inspired me, given me a sense of belonging through hearing other's stories and balanced my emotions. I'm committed to sharing these positive feelings with other students.

I feel excited and open to possibilities. I'm living more in the moment and have clarity that I didn't before.

- Student ”

## Courses not to be missed

### [Writing creatively for wellbeing](#)

A great course to help learn how writing can be used as an outlet for improving wellbeing, as well as to get you started ahead of November's National Novel Writing month competition!

### [Learning for wellbeing](#)

“This course taught me to never give up learning and how crucial it is for my emotional wellbeing”  
Student

### [Understanding personal recovery seminar](#)

A new seminar focused on what personal recovery is and how you can nurture hope, choice and control to improve your wellbeing.

### [Pain – the role of acceptance seminar](#)

A new 45 minute seminar discussing what acceptance is and how it can aid the recovery of persistent pain.

### [Men's wellbeing](#)

A course specifically co-produced and co-delivered by men for men about looking your wellbeing.

If this one is not for you, why not refer your dads, brothers, cousins, loved ones and friends?

### [Art expression for wellbeing and recovery seminar](#)

This seminar explores making visual art and mark making for expression, communication and to aid wellbeing and recovery.

## FOLLOW US

Click on the icons across to go straight to our social media pages. Follow us for the latest updates at the time they are released.



# 10 Tips to look after your wellbeing



## 1. Talk to someone

- Being listened to can help you feel supported
- Our [local support leaflet and web page](#) can signpost you
- If you are not ready to talk to someone, try journaling. [Read out reflection tips](#)

## 2. Keep active

- Being active is one of the five ways to wellbeing. It boosts your mental health
- It also helps with your breathing and mindfulness, another one of the five ways to wellbeing
- You can also try our [mindful breathing exercise](#)

## 3. Do something you enjoy

- Make time for yourself and do something you are good at
- Learn more about something you enjoy
- The sense of achievement will give you a boost
- If you're not sure where to start, read [tips on how to identify what you enjoy](#)

## 4. Eat healthily

- Not sure what that looks like? This [NHS healthy eating web page could help](#)
- Have fun with your new healthy meals – experiment and try new things!
- You can also request to join the next [healthy living, living well course](#), which touches upon healthy eating

## 5. Take a break

- It's OK to make time for yourself
- Have a warm beverage, close your eyes, go for a walk, meditate
- Even just something different, like the washing up can also help ...“a change is as good as a rest!”

## 6. Acceptance

- Good self-esteem is important for your emotional resilience and can help you cope when things feel difficult
- You can increase your self-esteem by accepting who you are and utilising your strengths
- Accepting your situation can bring peace
- Being honest with yourself when accepting your situation may bring about clarity and empower you to overcome challenges to change your situation too

## 7. Connect

- Connecting with others is also one of the five ways to wellbeing
- It can make us feel closer to others
- Laughter also improves our mood
- Try connecting to a friend, relative or neighbor
- Start a hobby and join groups to meet others with similar interests as you
- You can connect face-to-face, on the phone, by message, letter or digitally via video call

## 8. Ask for help

- If things feel like they are getting to be too much, ask for support. Your friends and family may be able to help, offer advice or signpost you to other support
- You can also refer yourself to professional emotional support through [HPFT](#)

## 9. Drink sensibly

- 'Drink in moderation'
- Be mindful that drinking alcohol can enhance how you feel, and could make you feel worse during and after

## 10. Give back

- Doing something for others can help your emotional wellbeing as it allows you to connect. You'll learn and get a sense of achievement too