

**Happy March everyone! We hope you enjoyed your half term break and the rest of the term got off to a good start. Have a look below at some of the things we have prepared for you this month.**



## World Sleep Day

World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep. It is organized by the World Sleep Day Committee of World Sleep Society and aims to lessen the burden of sleep problems on society. World Sleep Day this year is held on **Friday, March 18th** and the theme is **Quality Sleep, Sound Mind, Happy World**.

Good sleep is essential to good physical and mental health. Reduced sleep duration has been shown to cause impairments in working memory, executive function, processing speed, and cognitive ability. It is shown that sleep plays a critical role in emotional processing and sleep loss deteriorates both the encoding of emotional information and the emotional memory processes.

Short sleep duration is associated with poor mental health. Sleep is one of the fundamentals to our wellbeing next to physical activity and balanced nutrition and it is important to take care of those whether you're a young person or an adult.

### How to get better sleep?

- First of all, keep regular sleeping hours. This programmes the brain and internal body clock to get used to a set routine.
- Winding down is a critical stage in preparing for bed. There are lots of ways to relax:
  - a warm bath (not hot) will help your body reach a temperature that's ideal for rest
  - writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions
  - relaxation exercises, such as light yoga stretches, help to relax the muscles. Do not exercise vigorously, as it will have the opposite effect
  - your bedroom should be a relaxing environment. Experts claim there's a strong association in people's minds between sleep and the bedroom.
- Put devices away one or two hours before sleep. The artificial light disrupts production of the sleep hormone and constant scrolling doesn't allow us to wind down. This is especially important if you're a child or a young person as you need more sleep than adults.



Find more information and tips to healthy sleep on [this website](#).

# International Women's Day

**International Women's Day** which takes place on **March 8th** is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.



International Women's Day is an important moment in the year. It's where collectively, we celebrate the achievements of women, shine a light on issues that affect them and call for gender parity.

This year's theme is **#BreakTheBias** and looks at how we can live in a gender equal world.

We wanted to take this opportunity to remind all women that they are enough. The societal expectations of women can be overwhelming and often unachievable but the truth is you are already enough. We can all practice more self-compassion and kindness to remind ourselves that we are beautiful, strong and unique. Here are few you can use to get started:

**I trust I am enough**

**I give myself permission to accept myself**

**I am worthy of love**

**I let myself be happy now**

## Meet Our Team corner



In this issue I am happy to introduce to you **Sarah**, who is our **Educational Mental Health Practitioner**.

**Meet Sarah:** I have worked with children and young people for over ten years now and was a teacher for most of that time. During this role I became interested in how to support children with their mental health, which led me to complete postgraduate training to become an Education Mental Health Practitioner and joined the team at BWW Mind.

**A few things Sarah likes:** I am obsessed with gardening and would happily spend every spare minute of my time doing something linked to this. I love planting seeds and watching them grow and although I live in a small flat I am lucky enough to have a balcony where I cram as many different plants onto it as I can. I am currently on a long waiting list for an allotment. I have recently started a floristry course and enjoy getting creative with both foraged and shop bought flowers and foliage.

**Sarah's perfect day:** This would start with an hour of yoga followed by a nice breakfast. The rest of the day would involve being outside and going for a long walk or sea swim, maybe even both. If I could fit in a garden visit or include a look at some wildflower meadows for inspiration that would be great. A cup of tea, cake, followed by a nice meal and a film would end the day.



**Thank you Sarah for sharing this with us!**