

Health & Wellbeing Bulletin

Spring 2025

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Welcome to the Spring issue of your Mental Health & Wellbeing bulletin

Well, I took my own advice from the last issue in the Autumn and went and got a puppy!! It seems owning a pet can indeed change your life, tiring, chaotic, stressful 😊 but the good has far outweighed all that, she is scrumptious and brings a smile to my face every day.

Thank you again to everyone who took the time to complete the Employee Wellbeing and Engagement survey. We will review the responses and provide you with some feedback shortly and a summary report.

As the daylight hours grow longer, hedge rows and borders become colourful with spring flowers and blossom trees are in abundance, make sure to get out and about in the fresh air, always makes you feel just that little bit more alive.

Take care of yourselves and each other – Sue

Mental Health Benefits of Jigsaw Puzzles

Improves problem solving skills: Although there are many different options, there is only one correct solution.

Meditative benefits: Because our minds are focused, we find ourselves concentrating on the puzzle alone, which empties our brains of any stress and anxiety.

Improves your attention: Jigsaw puzzles are known for the addictive affect they have on those who try to complete them.

Harnesses brain power: completing a jigsaw works both sides of your brain, the left hand-side that thinks logically and the right, the creative, intuitive, and emotional side.

Fine motor skills: Jigsaw puzzles are fantastic for improving fine motor skills as the small pieces require people to work carefully to slot the pieces together.

Memory improvement: Jigsaws have been proven to sharpen our memories as puzzlers must remember where a certain piece fits within the wider picture

Perseverance and resilience: Jigsaw puzzles are hard to complete and the satisfaction one feels after slotting in the final piece of a frustrating jigsaw is second to none.

Social skills: Completing a jigsaw with a friend or family member promotes discussion and interaction as teamwork is essential for finishing a tricky puzzle!

Independence: Completing a jigsaw puzzle is also a fantastic solo pastime. The hobby is so absorbing that hours can whizz by without you realising!



Best Apps for Spring time



House Cleaning Chores Schedule



What's that bumblebee



RHS Grow

Fancy a challenge?

Take on your own Walk of Light on 29th March 2025

Keep the memory of loved ones burning bright.

Join thousands of people across the country and walk together on 29th March 2025 to fund vital blood cancer research.

It's free to enter and you can take part as a group or by yourself. Just choose your location, your route and how far you want to walk. [Walk of Light](#)

Raise just £50 via JustGiving to receive a free t-shirt upon completion.

Go on, challenge yourself to do something new

Tips for mental health and wellbeing

We all know that to keep a car going, we have to fill it with petrol, check the oil and water regularly and give the tyres some air. To see a bank balance grow, we need to make steady deposits. But how often do we take the time to reflect on whether we are giving ourselves what we need to flourish and live well? It can be so easy for us to take our mental health for granted; to prioritise other things; to put it off until next week. It can also seem too big and too hard. But it's not. There are some things everyone can do. The following are some tips to get you started

1. **Get enough sleep and rest.** Sleep affects our physical and mental health, but can be the first thing we trade in when we get busy or stressed
2. **Take time out for things you enjoy.** Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel
3. **Be active and eat well.** Our physical and mental health is closely linked, so adding exercise and nutritious food every day can make us feel better
4. **Nurture relationships and connect with others.** Our connection to others is what builds us up and keeps us strong
5. **Learn to manage stress.** If you have trouble winding down or managing thoughts you may find relaxation, yoga or writing your feelings down helpful
6. **Get involved and join in.** Being part of a group with common interests provides a sense of belonging so find out about sporting, music, volunteer or community groups locally
7. **Build your confidence.** Learning improves your mental fitness and taking on a new challenge can build confidence and give you a sense of achievement
8. **Be comfortable in your own skin.** Everyone is unique and should be celebrated. Know who you are and what makes you happy.
9. **Set realistic goals and deal with tasks one at a time.** It is good to be specific when you set a goal to help keep you on track
10. **Reach out for help when you need it.** Everyone needs support from time to time. Talking to a family member, a friend, your doctor or one of the many services available can make all the difference.

Employee Assistance Programme (EAP) with Education Support

Don't forget our confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing. 08000 856 148

Recipe idea for you

Easy Easter Biscuits – Celebrate Easter and the start of spring with these easy currant biscuits – perfect with a cuppa

Ingredients

250g Unsalted Butter
140g Golden caster sugar
1 egg
1 lemon
Nutmeg
300g plain flour
½ tsp salt
60g Currants

Method

1. Heat oven to 180C/160 fan/gas 4.
2. Beat butter and sugar with a wooden spoon
3. Add egg yolk, lemon zest and grated nutmeg
4. Beat again and add flour, salt and currants
5. Mix together to make a firm dough, wrap in clingfilm and fridge for 30mins
6. Dust work surface, roll dough to ½ cm thick
7. Cut out using a 6cm cutter, lift onto baking sheets lined with baking paper leaving a gap
8. Chill again for 30mins then bake for 7mins. Remove from oven, brush with the egg white and sprinkle with sugar. Bake for further 7mins until golden brown. Leave to cool



Top 10 Unbelievable facts!!

- Snakes can predict earthquakes
- Lego Mini-figures have the largest population on earth
- Astronauts grow taller in space
- We spend a year on the toilet in our lifetime
- There's a 50% chance that two people will share a birthday in a group of 23 people
- Sea Lions are the only animals who can clap to a beat
- Farts travel at 7mph
- Glass balls bounce higher than rubber balls
- It snows metal on Venus
- Adult cats only meow to humans, not other cats

Inspiring Quote

"Sometimes the smallest things take up the most room in your heart" - Winnie the Pooh