

## LOOKING AFTER OUR EMOTIONAL WELL-BEING AND MENTAL HEALTH



Research shows that learning new skills can improve our mental wellbeing. Learning can boost self-confidence and self-esteem, it can help build a sense of purpose and help us connect with others.

Learning in life creates a sense of satisfaction, achievement and optimism. Adults who have taken opportunities to learn throughout their lives have reported more feelings of hope, purpose and an ability to cope with stress.

Learning can be done individually, but it can also be done socially. Therefore, by encouraging our children to learn we are also encouraging them to interact with others. This can build and strengthen their ability to form social relationships. Learning is not confined to just school life, it can be done anytime and anywhere.

### ***How can we encourage our children to learn?***



- ❖ Encourage their curiosity. For example, allow them to research something they show interest in or read a book about a topic they have chosen. Allow them to ask questions and maybe research it together!
- ❖ Read with your child and let them pick a new book from school or the library. Learn new words and stories together.
- ❖ Encourage your child/ren to learn a new sport or hobby. This could be over the summer holidays with a group of friends. It could be a football class or learning to fly a kite in the field.
- ❖ Talk and be with your children.

### ***How can we learn as adults?***



- ❖ Learn to cook a new recipe or bake a new cake.
- ❖ Do something different at work; this could be taking a course, talking to a new colleague or simply trying something unfamiliar.
- ❖ Try a new hobby such as a sport, knitting, reading books or a craft activity.
- ❖ Watch the news once a day or listen to it on the radio.
- ❖ Do a crossword.
- ❖ Research something you have always wondered about.
- ❖ Learn the meaning of a new word.