

ACTION FOR HAPPINESS

Northamptonshire Action for Happiness Helpful Hints & Tips for Keeping Physically and Mentally Well – Week Eleven

Hello All

Spring has moved into summer, but you would have thought from the weather that we have moved from Spring into Autumn! Not that I am complaining. As a gardener, I would welcome some rain.



It has been a fortnight since we have been in touch and we had already decided that this issue would be all about sleep. It seems we are not the only ones concerned about sleep as this appeared on the BBC news website yesterday morning <https://www.bbc.co.uk/news/health-52911395> The BBC also produced this great guide in April <https://www.bbc.co.uk/news/newsbeat-52311643>

I've signed up to the Every Mind Matters campaign and this helpful article and video appeared in my inbox this week <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-how-to-fall-asleep-and-sleep-better/>

The Mental Health Foundation, also have some great tips on sleep and describe the HEAL model – The four pillars of good sleep: -

- Health
- Environment
- Attitude
- Lifestyle

More information can be found at <https://www.mentalhealth.org.uk/publications/how-sleep-better>

I know we have shared this extract from the Action for Happiness children's book, '50 Ways to Feel Happy' before but I thought it was worth sharing again, as this issue, is all about sleep.

HAPPY SLEEP HABITS



Finally, a gentle reminder that the Joyful June calendar is on the Action for Happiness website. You can access it at <https://www.actionforhappiness.org/calendars>

This was launched live by Vanessa:

Expert tips for Joyful June - with Vanessa King

<https://www.facebook.com/events/2673795496178540/>

Remember: Keep Calm, Stay Wise, Be Kind.