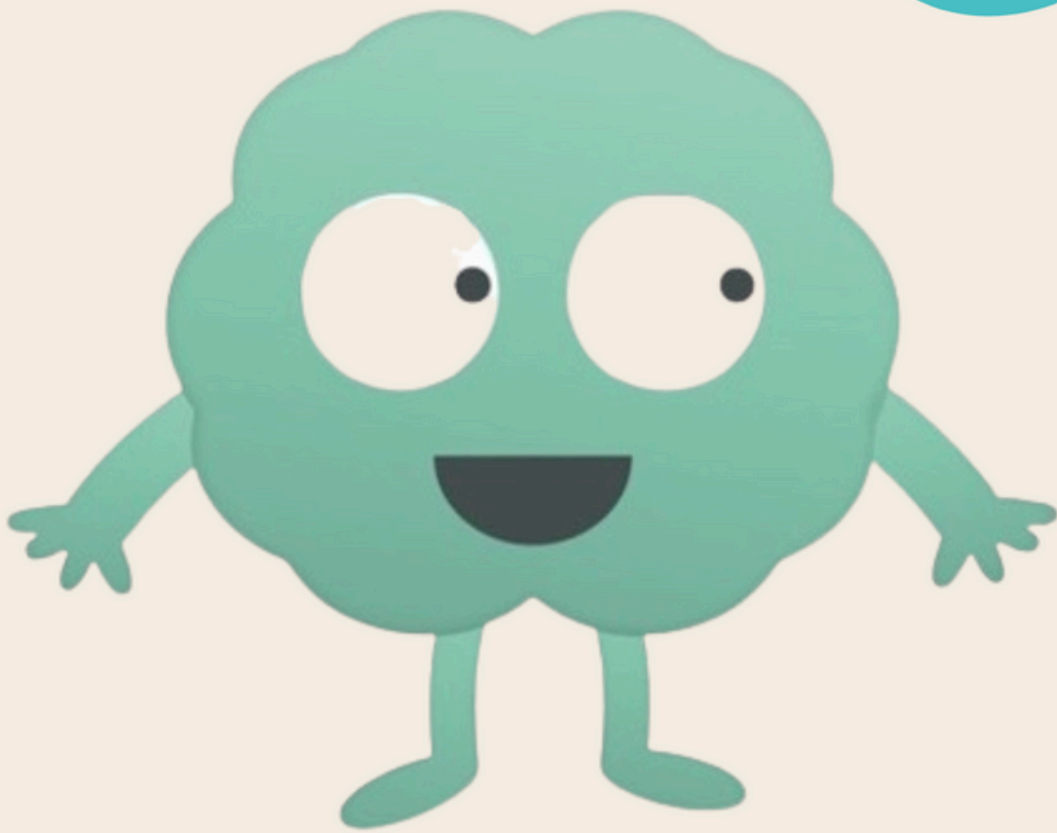


all
**MY HAPPY
MIND**



**NEWSLETTER
LENT 2025**

MEET YOUR BRAIN QUIZ!

- What does the Hippocampus do?
- What happens when our Amygdala senses danger?
- Can you get better at things?
- What is it called when we get better at things?
- What does the Prefrontal Cortex do?



- The Hippocampus is our memory 'scrap book'. It stores all our memories and experiences.
- When our Amygdala senses danger, it decides if we 'fight, flight or freeze'.
- Yes! You can get better at things.
- Neuroplasticity.
- The Prefrontal Cortex helps us make good decisions.



WHAT HAVE WE BEEN UP TO?

MEET YOUR BRAIN

We started by 'meeting our brain,' finding out all about how our brains operate and being introduced/reminded of team 'HAP' and their jobs.



CELEBRATE

Then, we moved on to finding out all about our 'character strengths,' what we are good at and how we can get better at things. We have been 'strength spotting' in ourselves and other people too!



APPRECIATE

More recently, we have been developing our 'attitude of gratitude'. We have been trying to be more aware of things we can be appreciative of and saying a big 'thank you!'



TOP TIPS FROM THE HAPPINESS HEROES



OUR EASTER HOLIDAY TIPS!

- Limit your screen time!
- If something is worrying you, tell somebody you trust.
- Keep active!
- Get outside!
- Get plenty of rest and sleep.
- Drink lots of water.
- Eat healthily.
- Try some 'happy breathing.'

