

LEITH ACADEMY WELLBEING WEEK

Day #1 – BREATHE

*“Sometimes it’s ok if the only thing
you did today was breathe.”* YUMI SAKUGAWA

To kick-off Wellbeing Week, we are looking at breathing. It sounds very simple, but breathing can be a great way to calm your mind and help with anxiety and stress that may arise from lockdown, the strange world we live in, or even just day-to-day activities.

In this video, dancer and yoga teacher Lucy Wilson takes us through some simple breathing exercises you can use at home when you may be feeling anxious or stressed, or even on a daily basis between classes and study to help keep your mind healthy and relaxed.

If you want to explore breathing and yoga further, why not try these links:

[**RELAX AND BREATHE: Do Nothing for 10 Minutes**](#)

[**Yoga for Teens**](#)

[**Yoga Journal**](#)



***“Art is something that makes you breathe with
a different kind of happiness.”*** ANNI ALBERS

These videos for Wellbeing Week allow you to try something new, creative and maybe a bit different. More and more the arts are being used as a way to support positive mental health. Cherneil in S5 has been researching something called social prescribing:

Social prescribing is a thing when doctors refer you to something like an art club or dance class to help with mental health problems. I have found that people who experience social prescribing have reported significant improvement to their mental health issues after a couple of months. When I asked my friends and family if they had heard of social prescribing, they said they hadn't but all agreed it sounded like a great idea!

This series of videos from the International Festival is not officially social prescription, but it does provide an opportunity for you to use the arts and creativity to help maintain positive mental health. Why not use Wellbeing Week to try something new? As Cherneil has discovered, engaging with culture can be good for your mind and is a great way to express yourself.

