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Well-being Wednesdays

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Battery Life

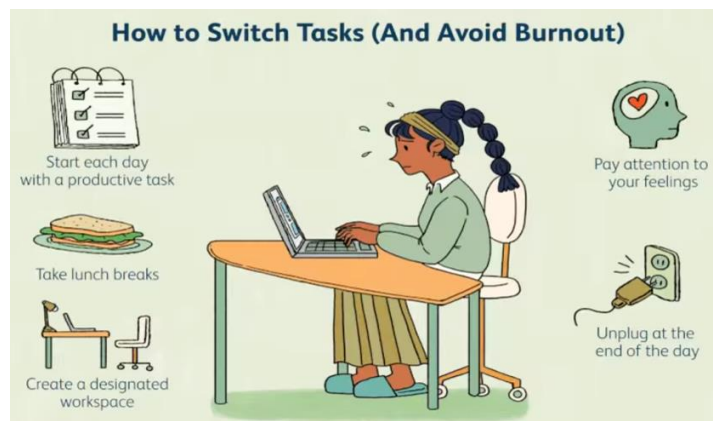


You wouldn't let your phone or laptop battery get too low so why do we often ignore all the warning signs that our own batteries are low and desperately need recharging?

Burnout is a growing concern in this day in age but there are some simple ways in which you can keep that battery energised!



- Eat a rainbow – eat fruit and vegetables of different colours every day. Different colours link to higher levels of specific nutrients and health benefits. Make sure you get all the nutrients you need to fuel your body.
- Stay hydrated – the average adult human body is 50-65% water. The average person needs to drink 6-8 glasses of water each day. Tea, coffee, milk and sugar-free drinks are all good choices too but you can't beat good old council pop – water!
- Increase your endorphin levels – after all they make you happy so get active!
- Get some sleep – average adult needs 7-9 hrs of sleep per night. A good night's sleep improves your memory, reduces stress and risk of depression and more – so no matter how tempted you are to watch that next episode on Netflix, leave it for another time!
- Take time off -everyone needs regular rest and relaxation. It can make a huge difference to how you are feeling and energy levels.



Take care and
stay safe,
Mrs B



Making a difference where you live

