

FEBRUARY NEWSLETTER

Are you needing more love?



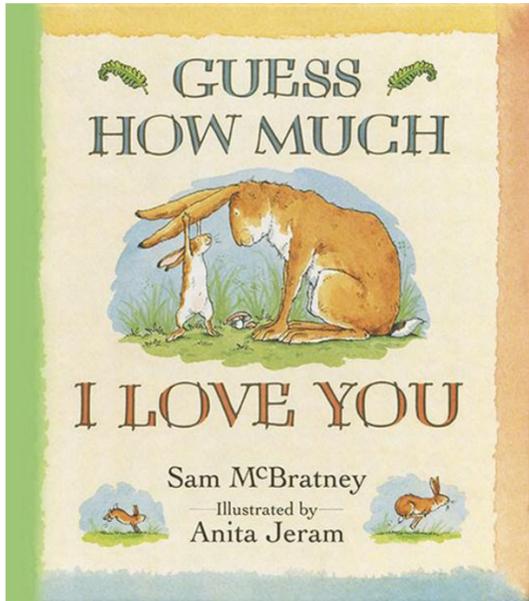
LOVE

February arguably is the month of love. So what do we know about this important character strength, and how can we have more of it in our lives?

Love refers to valuing close relationships. It can take the form of attachment - the love for your child, the love for a friend, or romantic love. Bearing in mind that relationships have the biggest impact on our wellbeing, it is worthwhile considering how to increase love.

Here are 4 simple tips:

1. Practice [Active Listening](#) - good social skills foster love
2. Perform a [Loving-Kindness Meditation](#). Research indicates that this increases our connection with others, our acceptance of self, and our satisfaction with life. This is an easy activity to do with children.
3. Take a look at the Greater Good Science Centre's [Gift of Time Exercise](#) - a simple gift we can all give.
4. 'Flower, Prickle, Banana?' - ask your child to tell you their thoughts from the day. What was something they enjoyed (flower), something uncomfortable (prickle) and something funny (banana). It is a great conversation starter and builds relationships. Thanks to Alli Williamson from last years Positive Education Schools Association Conference for this suggestion. My kids love it!



Book Recommendation

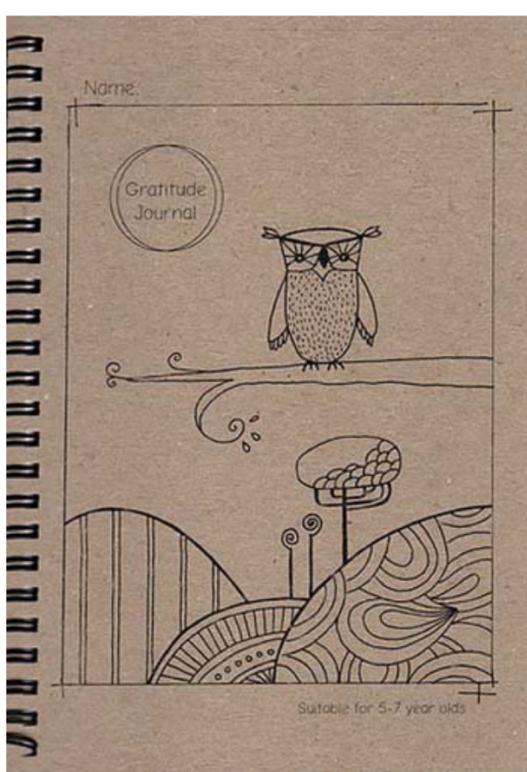
A lovely book to share with your child.

[See More >>](#)

WANT TO COUNTERACT YOUR NEGATIVITY BIAS?

Consider a Gratitude Journal. Practicing gratitude helps us to focus on all the goods things in our lives, enhancing psychological and physical health. We offer 3 Journals for ages 5 years to adults.

[See More >>](#)



START 2018 WITH STAFF WELLBEING

Start your year with investing in your most valued asset - your staff. Our wellbeing packages Strong Minds not only enhance individual staff wellbeing, but also build relationships amongst staff. Book your 1.5 hr staff workshop now.

[BOOK NOW!](#)

Or request an [INVOICE](#) or [CONFERENCE CALL](#)

[Learn More >>](#)



Contact us at:

nicole@growingstrongminds.com

Ph: 0402 709 543

Warmest wishes,
Nicole and the team at
Growing Strong Minds

www.growingstrongminds.com