

Headteacher:
Mrs Annabel Berry

Chair of Governors:
Mr Philip Emms

Safeguarding Officers:
Mrs A Berry; Mrs L Poole; Mrs A Bateman;
Mrs E Johnson; Miss S Lockett



Whitley Spring Road

Ossett
West Yorkshire
WF5 0QA
Tel. 01924 302865

Website: www.towngate.ipmat.co.uk
Email: TGA-Enquiries@ipmat.co.uk
Twitter: @IPMATTowngate



Dear Parents & Carers

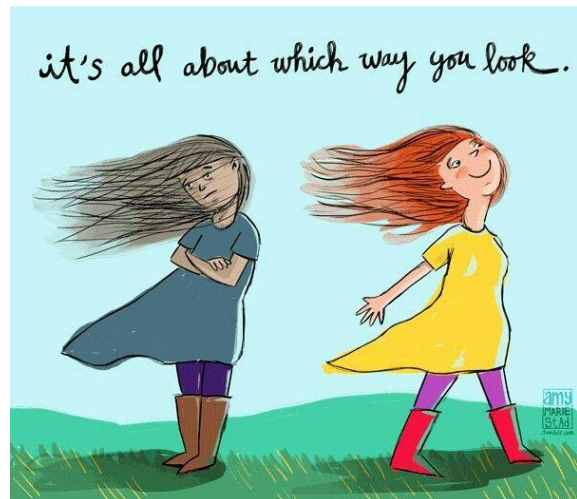
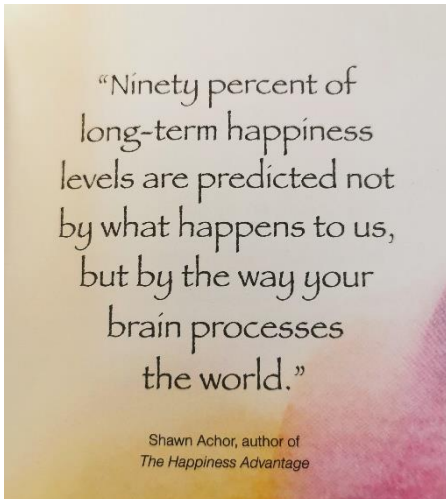
11/05/2022

Everyday Self Care - A Positive Outlook

According to psychologists our brains have a "negativity bias" which means we pay more attention to negative events than positive one. This serves an evolutionary purpose because it means we are attentive to danger, but sadly it also means we miss out on lots of the small, ordinary joys.

Try to pay more attention to the good and savour the moment, take note of how it makes you feel. If we hold the positive feelings of good moments, then they will be banked into our long-term memory and this will become a habit rather than just noticing the negative.

Choosing to look on the bright side may sound like a cliché and difficult to achieve, but the path to our happiness lies in our capacity to see the bigger picture and to choose to notice the small, but significant positives we have each and every day no matter how small.



Miss Lockett and Miss Moore
Wellbeing Lead

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>

