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Dear Parents & Carers

06/07/2022

Laughter

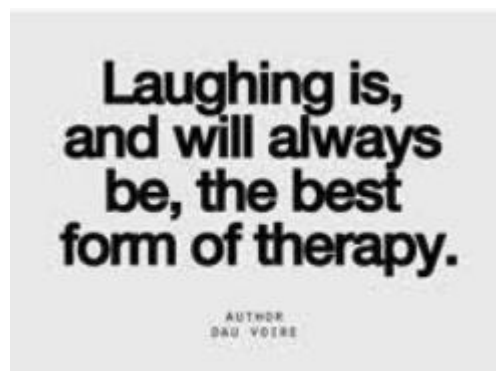
Do you remember what it feels like to shake with uncontrollable laughter; to feel consumed by the joy of a single moment shared with someone you care about or can have fun with? Laughter wipes away tension in a single breath and turns a frowning face into one that is alive and beautiful. It doesn't take much to trigger a giggle; just thinking about something funny that happened in the past can provoke laughter and increase happiness.

Why is it good to have a good laugh?

Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles and increases the endorphins that are released by your brain. Activate and relieve your stress response.

Why is it important to smile or laugh?

When you smile, your brain releases tiny molecules called neuropeptides to help fight off stress. Then other neurotransmitters like dopamine, serotonin and endorphins come into play too. The endorphins act as a mild pain reliever, whereas the serotonin is an antidepressant.



Have a lovely week everyone and remember to be kind to yourself.

Miss Lockett and Miss Moore

Wellbeing Lead

<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

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

<http://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

