

TOPIC OF THE WEEK

OPEN-MINDEDNESS

"THOSE WHO CAN'T CHANGE THEIR MINDS
CAN'T CHANGE ANYTHING." – GEORGE BERNARD SHAW



HAVE SUGGESTIONS ON
WHAT TOPIC WE SHOULD
DO NEXT
WEEK? SEND US AN EMAIL!



BALANCING PHYSICAL AND MENTAL HEALTH

Health is something that matters to your whole body—including your mind. When things feel off, it's natural to go to the doctor to treat their symptoms. While this is a healthy choice, many people overlook healing their minds and don't recognize physical symptoms in their body that might be caused by stress, anxiety, or depression.

- Poor diet and exercise habits can make us feel bad, which affects how our body translates information to our brain.
- Anxiety, trauma, and stress can lead to poor physical health.



OPEN-MINDEDNESS

Be open to both those you know as well as the ones that you don't. Everyone might surprise you!

Studies show that we change especially in the teenage years, so be prepared for someone to not be exactly who they used to be!

Open-minded people are often more independent and imaginative. As the quote says, we can only change once we understand other people's perspectives so try and be open-minded!

CO & SUPER - CURRICULUM

Malvern has many opportunities for you to discover or develop your interests! Some things to look out for:

- Engineering, Law, Politics & Foreign Affairs, Medical Society
- LGBTQ society, EmpowerHerVoice group, Black Students Union
- Masterclasses, Wheeler Bennet, Aston SocietyLea Smith reading competition
- Chapel Choir, Concert Band, Jazz Band

You want to start something new? Contact the Chapel Prefects or Mr Holroyd with your suggestion!

Make the most of all the opportunities and your time in Malvern College

HOUSE SPIRIT

After well deserved away-time from the college, school is back on and it is time to get back into life at Malvern.

Reuniting as a house and motivating each other at house events gives us all that extra push to do our best and only brings us closer together. So, be sure to show your support and cheer your mates on and results can only be better.

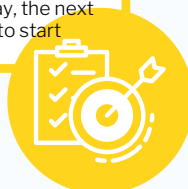


SETTING GOALS AND LOOKING AHEAD

Top-level athletes, successful businesspeople and achievers in all fields all set goals. Setting goals gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the most of your life.

- First you create your "big picture" of what you want to do with your life, and identify the large-scale goals that you want to achieve.
- Then, you break these down into the smaller and smaller targets that you must hit to reach your lifetime goals.
- Finally, once you have your plan, you start working on it to achieve these goals.

This is why we start the process of setting goals by looking at your lifetime goals. Then, we work down to the things that you can do in, say, the next five years, then next year, next month, next week, and today, to start moving towards them.



DID YOU KNOW?

A psychological study conducted by researchers Anna Antinori, Olivia L. Carter, and Luke D. Smillie revealed that open-minded people may live in a completely different reality. They found that openness and mood can affect how you visually perceive the world, which can affect creativity.

Contact:

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For any support

