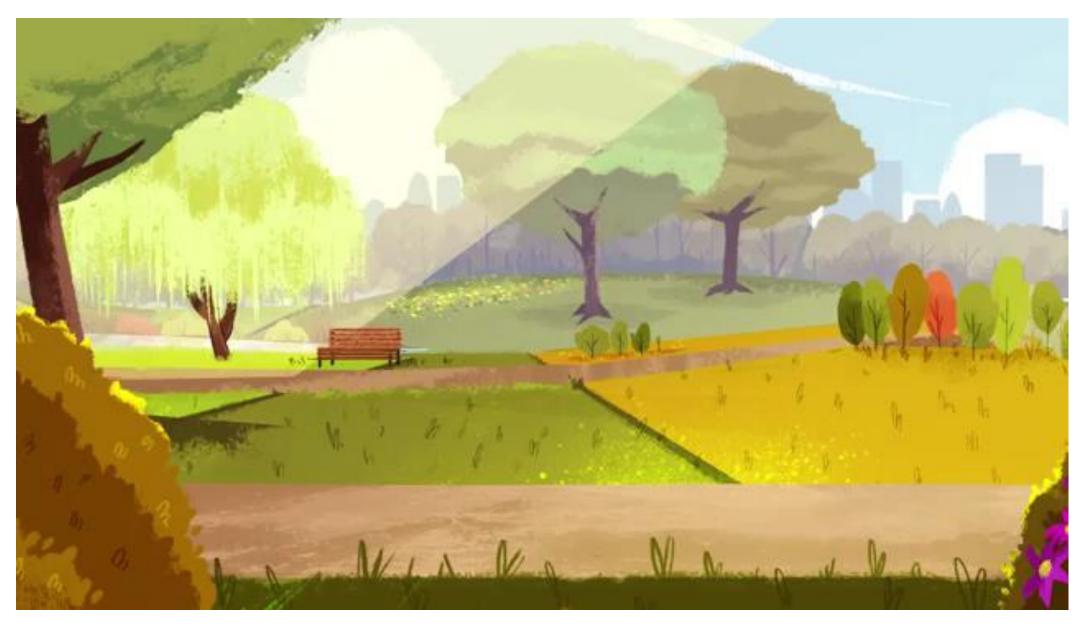
## Mental health & wellbeing



## Five

## Ways to

Wellbeing







- Be curious. Catch sight of the beautiful.
- Remark on the unusual. Notice the changing seasons.
- Savour the moment, whether you are walking to work, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling.
  Reflecting on your experiences will help you appreciate what matters to you.



- A healthy body equals a healthy mind.
- Find something suitable for your level of fitness that you enjoy.
- Go for a walk or run. Cycle. Play a game. Dance.
- Exercising makes you feel good.



- Connect with the people around you.
- With family, friends, colleagues and neighbours.
- At home, school, or in your local community.



- Do something nice for a friend.
- Thank someone.
- Smile.
- Volunteer to help.



- Try something new.
- Learn to play an instrument or how to cook your favourite food.
- Set a challenge you will enjoy achieving.
- Learning new things will make you more confident as well as being fun.

## Positivity Journals



- Psychologists have found that writing about your difficulties can improve both your health and your school work
- Writing your goals down makes you more likely to reach them
- Writing positive journals about positive feelings changes your outlook on life
- Gratitude journals writing down 3 things you are grateful for each day – improve your mood and help you sleep better
- Morning pages just writing things down first thing in the morning can free your mind from negative voices and thinking you need to be perfect