

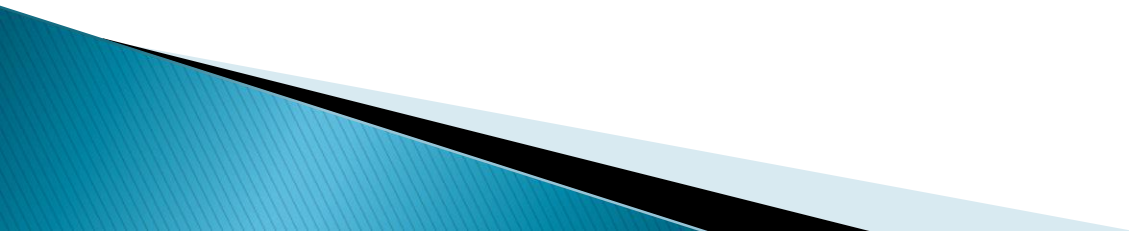
Looking After Our Wellbeing

January 2020

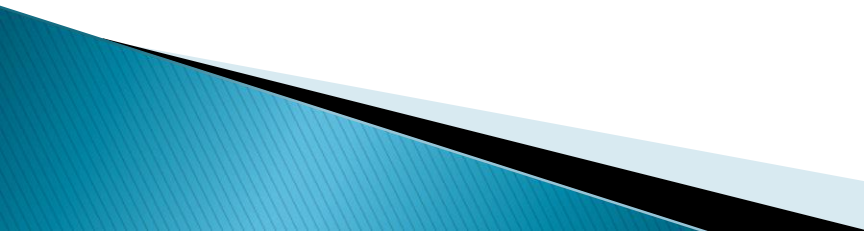
What is wellbeing?

- ▶ Feeling good in ourselves and living a happy and healthy life

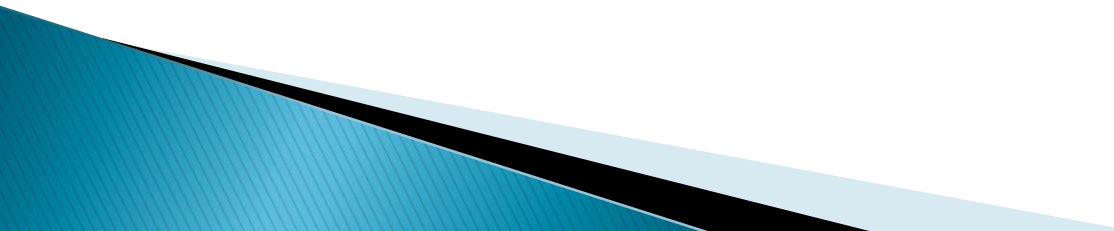
5 ways to well-being



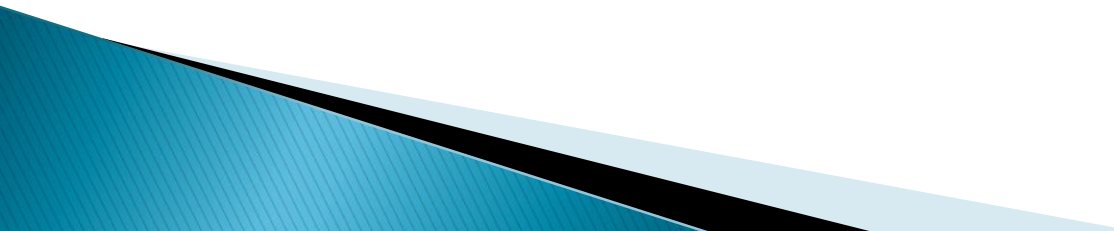
Connect – building relationships enriches your life

- ▶ Connect with people around you –family, friends and friends in school and outside of school
 - ▶ Share your day with someone and ask about theirs
 - ▶ Talk to someone on the phone instead of social media or messaging
 - ▶ Smile at a person on the street
 - ▶ Speak to someone you usually do not talk to in school and find out something about them
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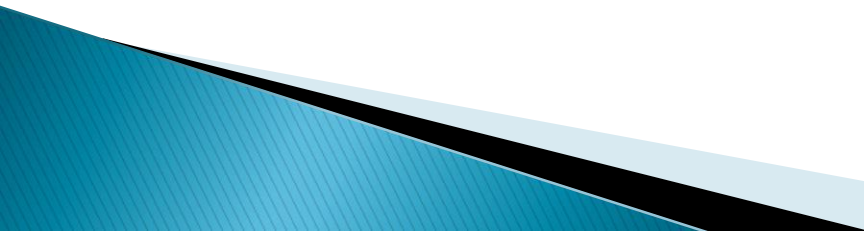
Be Active – exercise releases happy hormones that make you feel positive

- ▶ Go for a walk or a run
 - ▶ Walk a dog
 - ▶ Do some gardening
 - ▶ Do some stretching in the morning and before you go to bed
 - ▶ Play your favourite song and dance to it
 - ▶ Start a new sport
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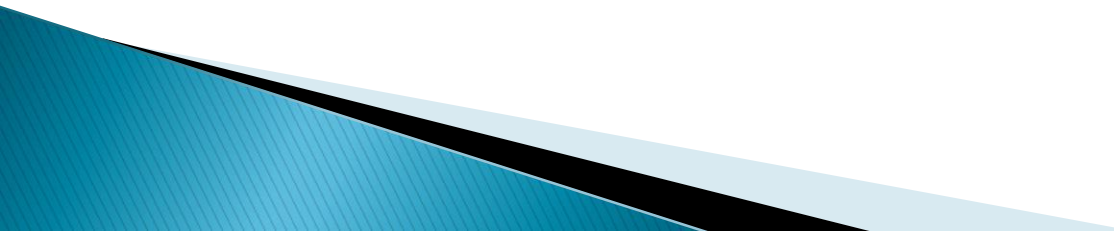
Take notice – take time to be still,
reflect and be aware of what is around
you

- ▶ Reflect on what you are grateful for
 - ▶ Notice wild flowers and where they grow
 - ▶ Watch animals and birds outside
 - ▶ Think about what you are good at and how you make the most of these things
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Give -acts of kindness make you feel happier about yourself and more satisfied about life

- ▶ Check up on a friend
 - ▶ Say thank you to someone who has done something to help you
 - ▶ Give unwanted things to a charity shop
 - ▶ Donate some of your time to do something for someone else at home
 - ▶ Give some food to a food bank
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Keep learning – set a goal and learn something new

- ▶ Research something you have always wanted to know about
 - ▶ Take up a new hobby
 - ▶ Learn a new word and teach it someone else
 - ▶ Learn to cook something
 - ▶ Watch the news
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Which one could you focus on developing this year?

- ▶ Connect
 - ▶ Be active
 - ▶ Give
 - ▶ Take notice
 - ▶ Keep learning
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- ▶ Tell a friend or your parent so they can help you to work on it!
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