

Your Wellbeing

Connect



Connect with your people around you, your family, friends, colleagues and neighbours. Spend time developing these relationships.

Be active



You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it part of your life.



Give to others

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

Value our environment



Earth's resources are not limitless and by doing our bit we can feel good about the difference we can make to improve the life for our families in the future. Every little counts: Reduce – Reuse – Recycle.

Connect

Be active

Give to others



Be mindful

Keep learning

Value our environment



Keep learning

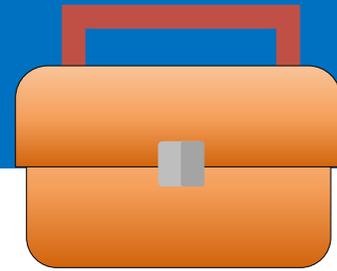
Learning new skills can give you a sense of achievement and a new confidence. So why not start learning to play a musical instrument or figure out how to fix your bike?

Be mindful



Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

My Wellness Toolbox



Things that support my wellbeing

Firstly, we need to think about all the different things that help to make us or keep us well. These things make up our “wellness toolbox” which can be a jumble of all sorts of different things. This is about being kinder to yourself and learning more about yourself and what works for you.

THINGS TO DO

Ask yourself
What stops you feeling bad?
What makes you feel happy?
What helps you relax or feel calm?

Focus on positives

Talking to people in a positive way

Try new things

Eat regular meals

Socialising

Listen to music

Make time for yourself

Believe in yourself

Wear something that makes you feel happy

Exercising

Get enough sleep

Give yourself space

Positive use of phones and social media

Shower

Chill out

Contacting friends and important people

Smile

Things I can do for myself to keep me feeling as well as possible:

Secondly, we need to think about things that we should avoid in order to help ourselves feel as good as possible.

THINGS TO AVOID

Being hard on yourself

Comparing yourself to other people

Focusing on negatives

Being alone all day

Feeling guilty about spending time alone or about not going out

Taking anger out on others

Worrying too much

Taking things to heart

Being antisocial

Hurting yourself

Negative use of social media

Smoking, drinking, drugs

Staying in bed all day

Things I should actively avoid because they make me feel bad or worse:

Make use of the network around you

Finally, make a list of the people that you can go to when you are not feeling well e.g. friends, family, teachers, the Wellbeing Coordinator in school, doctor ...



The person/people I will connect with if I am not feeling well is:

Wellbeing Self Help

Need help?

You can talk to the trained staff in school or your tutor

You can use these websites to talk to a qualified counsellor or just get advice and information

www.kooth.com

www.childline.org.uk

www.youngminds.org.uk

Asking for help can be hard, so here are tips to make it easier:

- Choose someone you feel safe talking to
- Plan what you want to say
- Make sure it's a good time to talk and that they aren't distracted
- You have control over how much you tell someone – you don't have to say everything if you don't want to
- If you're not sure whether they'll keep what you have said to themselves, you should first ask them before you start talking

www.childline.org.uk/info-advice/you-your-body/getting-help/asking-adult-help/



If you can't find the right words, the **Doc Ready** website can help you sort through your thoughts and make a list:

www.docready.org/#/home

Or an **advocate** can help you work out what you want to say:

www.cemind.org/our-services/young-peoples-advocacy.aspx

Poor breathing is a problem for many people living with anxiety.



Try these exercise to improve breathing and calm the body.