

Your Wellbeing

Connect

Connect with the 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 a 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.



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.

Wellbeing Self Help

You can talk to the Wellbeing Champions in school

Need help?

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 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



Try these breathing exercises

vle.williamhoward.cumbria.sch.uk/wellbeing