

5 Ways to Wellbeing

Improve your mental health and wellbeing by trying out some of these activities.

Connect

Connect with the people around you.
Develop positive relationships.

- ▶ Tell your friends/family how you feel.
- ▶ Play board games with the people at home.
- ▶ Prepare a meal with a friend or a family member.

Be Active

Find physical activities to enjoy.
Exercising makes you feel good.

- ▶ Go for a walk, run or a bike ride.
- ▶ Visit the park with a friend.
- ▶ Aim for 30 minutes of exercise every day.

Take Notice

Be aware of your surroundings.
Pay attention to the present moment.

- ▶ Keep a personal diary.
- ▶ Look after a small houseplant.
- ▶ Observe the changing seasons.

Keep Learning

Try something new.
Discover some new information.

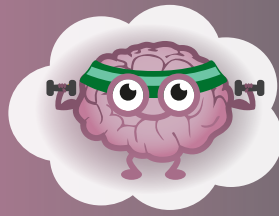
- ▶ Learn to play a musical instrument.
- ▶ Find a recipe and cook something new.
- ▶ Teach yourself some basic sign language.

Give

Give your time and join in with activities.
Be kind.

- ▶ Go to the cinema with a friend.
- ▶ Do something to help out at home.
- ▶ Take part in a charity fund-raising activity.

DEVELOPING



mental toughness



MENTAL TOUGHNESS IS:

MENTAL TOUGHNESS IS NOT:



Asking for help

Struggling with no help

Wanting to do well

Wanting to do better than others

Reaching out when you feel down

Putting on a "brave face"

Learning from your mistakes

Never making mistakes

Being true to yourself

Acting how you think others want you to

Wanting to help others

Only caring about yourself

Being a good listener

Being loud

Accepting feedback

Arguing with feedback

HOW TO BE A

better listener



Don't keep trying to jump into the conversation.

Make sure everyone has a chance to be heard.

Be open-minded and don't rush to conclusions.

Focus on what is being said rather than who is saying it.

Don't criticise or judge. Respect the views of others.

Agree to disagree when there are differences of opinion.

Make eye contact - it shows the other person that you are genuinely interested.

Pause for thought. That extra second can help you express yourself clearly.

REASONS WHY IT IS

good to ask for help



It helps you to make connections with others.

It is a sign that you want to do well.

You may get fresh ideas / new perspectives.

It shows that you have a growth mindset.

You could save a lot of time.

It makes others feel needed.

“ Asking for help isn’t a sign of weakness, it’s a sign of **strength**. It shows you have the courage to admit when you don’t know something.




Barack Obama

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Where My Time Goes

In a week there are **168** hours.

What does a typical school week look like for you? (You could complete the chart once per term.)

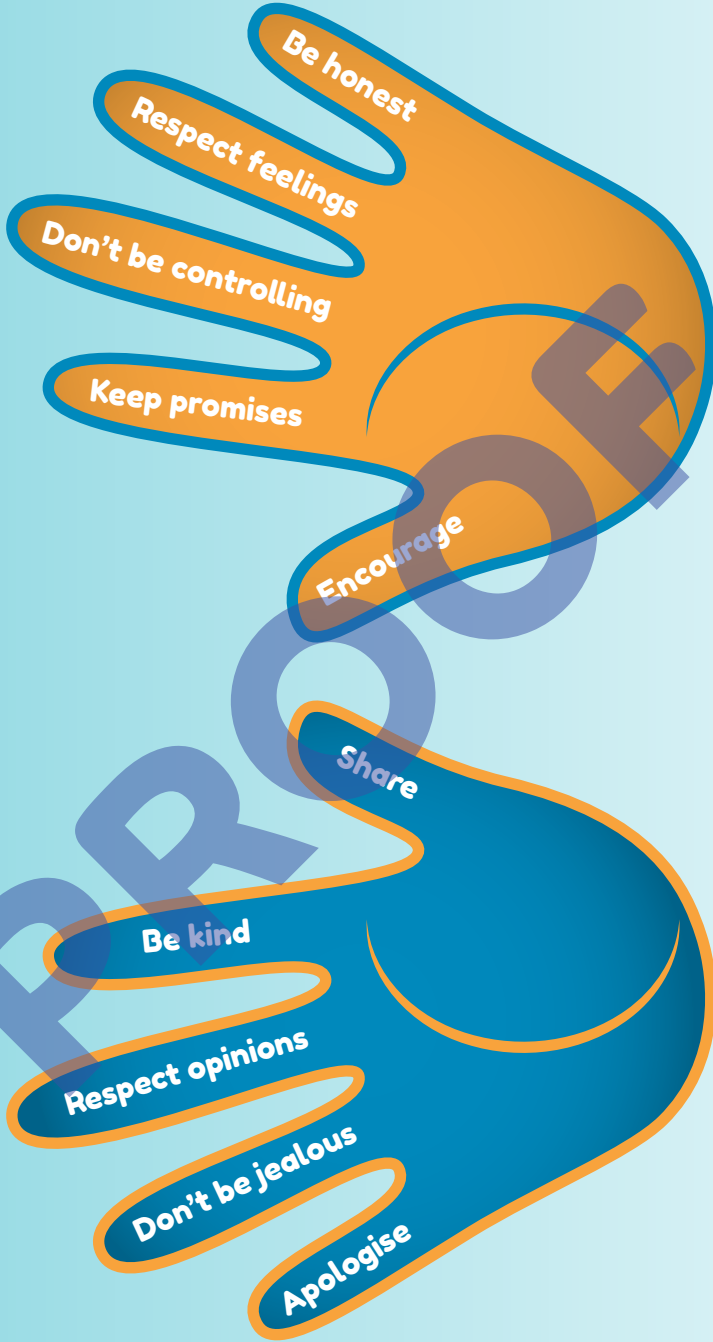
| Activity | Hours Spent | | |
|---|-------------|------------|------------|
| | Autumn | Spring | Summer |
| At school | | | |
| Travel | | | |
| Sleep | | | |
| Meals | | | |
| Hygiene | | | |
| Homework | | | |
| Leisure | | | |
|  Other | | | |
|  Other | | | |
|  Other | | | |
| Total | 168 | 168 | 168 |

Questions to ask yourself:

- ▶ Do I have the time to take up a new activity?
- ▶ Am I already doing more than I have time for?
- ▶ Am I making the best use of my time each week?
- ▶ Is there anything I need to find more time for?



Hands of Friendship



Ask yourself “Am I a good friend?” and, “Is this person a good friend to me?”

HOW TO FORM

good gaming habits

An illustration of a vintage television set with a black screen displaying the words 'GAME OVER' in red. To the right of the TV is a window with purple checkered curtains. Outside the window, a soccer ball is in the air, and a person with brown hair is looking out. The background is a dark blue gradient.

Get school work and revision done first.

You can then enjoy gaming knowing that your work has been done.

Set yourself a time limit and stop when your time is up.

This is a test of your willpower and self-control.

Avoid gaming when you could be doing physical activity.

Exercise and sport are better for your health than gaming.

Remember not to let gaming make you miss out on sleep.

Being tired can negatively affect your mood and your ability to concentrate.

Spend more time with other people and less time gaming in your room.

Don't get trapped in a virtual world and lose your connections to the real one!

BETTER WAYS TO

manage your mobile



Have some phone-free time every day.

Take more notice of the people around you and be as active as possible.

Check your phone less often.

Don't feel the need to reply to all messages immediately.

Avoid using your phone in the hour before bed.

Let your brain 'wind down' before you go to sleep, and leave your phone outside the bedroom.

Turn it off.

It's perfectly OK to turn your phone off when you're having a meal, doing homework or spending time with friends or family.

Control your notifications.

Avoid letting notifications control you - go to 'settings' and control them!