

# FIVE WAYS TO WELLBEING



# Definition of wellbeing

Feeling good – physically and mentally

Being **Resilient**(being able to cope when things get tough and also the ability to make the most out of opportunities)

Functioning well



# Why is well-being important?

Feelings of **wellbeing** are very important to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Past experiences, attitudes and outlook can all impact **wellbeing**.



## **The Five Ways to Wellbeing may help young people:**

- Make the most of opportunities and deal with stressful situations by taking time out and learning how to cope when things get tough.
- Increase their interpersonal/intra-personal skills, empathy and communication skills
  - Improve their Life Skills



# 1 - Connect

Good relationships are important – they help you to build a sense of belonging and self-worth

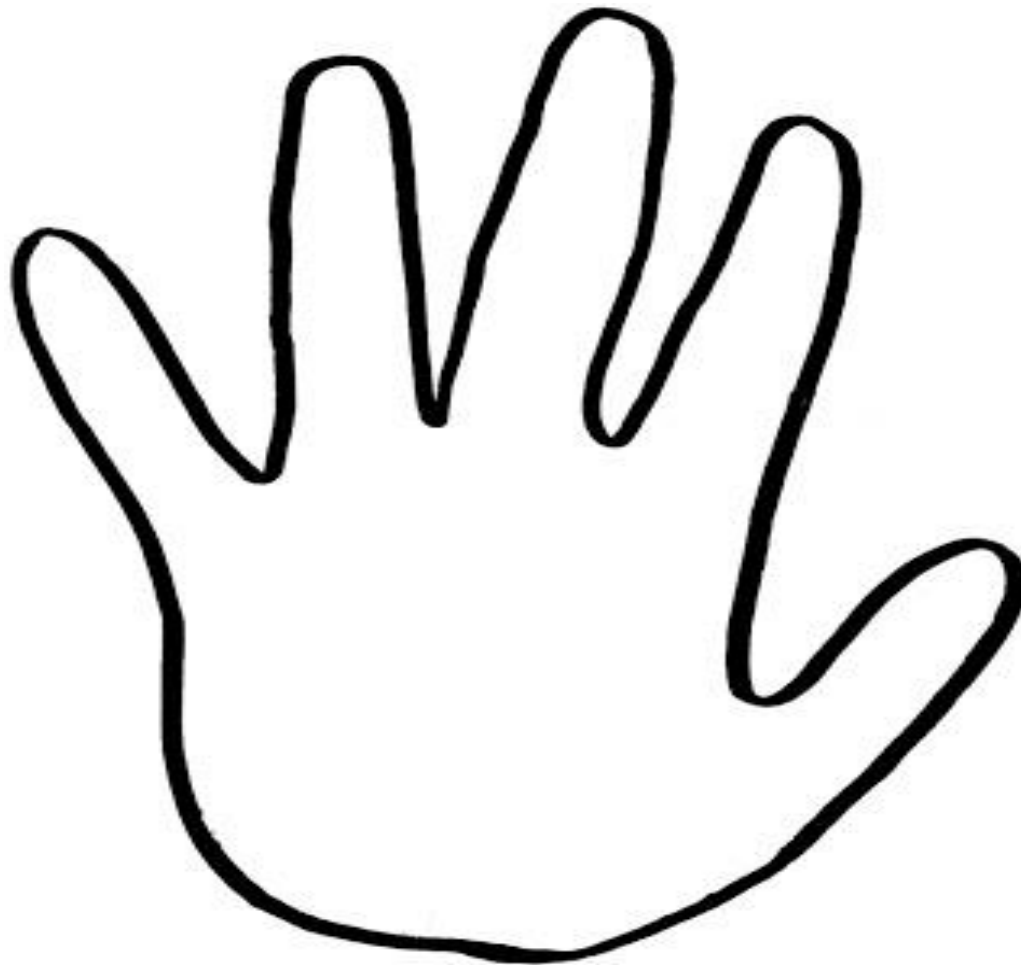
Connect with people around you. Spend time with friends and family. Make new friends.

**Learn to ask for help**

What could you do to strengthen current relationships – those at home / with friends? How can you be a good friend?



Who would you talk to if you had some good news to tell – who would you turn to if you had a worry? Draw around your hand and label each finger and your thumb. Are there the same names on each list?



## 2 - Be Active

Great for physical health but also causes chemical changes in your brain which can help to positively change your mood

Go for a walk or run / cycle / swim

Play a game /do some gardening

**Be pro-active**

**Being proactive** means taking responsibility for your life and actions rather than just watching how things happen. **Be your own person**



### 3 -Take Notice – be mindful

Be curious. Take time to be still, reflect and become aware of your surroundings.

Notice the changing seasons. Notice what you are thinking and be aware of what's going on in the world around you – the everyday and the unusual.

Savour your favourite foods. Reflecting on your experiences will help you appreciate what matters to you.

Be grateful. Appreciate simple things.





# Take notice of yourself

Can you recognise - **Good feelings** – happy / hopeful / pride / positive..

**Not so great feelings** – sad / scared / worried...

(we don't call these bad feelings – we all feel like this sometimes..)



# What can you do to help yourself when you don't feel so great?

Find safe ways to help yourself..

Go for a run / write your thoughts down / play football / be around family or friends / watch a favourite film / listen to some upbeat music / bake a cake....



# 4 -Keep Learning

Try something new

Set your self a goal

Set a challenge you will enjoy achieving

Take on a different responsibility at school / Research a topic you are interested in / Learning new things will make you more confident as well as being fun.

Leave your comfort zone – say I can, rather than I can't

**Be hopeful / be positive / be brave**



# Motivating yourself in school

What goals could you set yourself in school?

What challenges could you set yourself?

What steps would you need to take and how would you know you had achieved your aims?

Who could help you?



Think back to when you learned to ride a bike or learned to swim.....

**What did you have to do** (persevere/be brave/be motivated)

**How did you feel when you had achieved this** (proud/pleased with yourself)

**Who was there with you and how did they help** (parents/coach – gave encouragement/praise)



# How you can help yourself if you are feeling a bit fed up....

Think back to a time when you felt really pleased with yourself – see yourself in your mind's eye / **magnify this image** / recall the good feelings you had and experience them again / give yourself an pat on the back / see others praising and encouraging you



## 5 -Give

Do something nice for a friend, don't wait to be asked to help  
at home

Be a good role model /Say Thank You/ Smile / Volunteer  
your time.

When we help others and do kind acts, it causes our brain to  
release chemicals which give us a feeling of satisfaction and  
well-being

How can you be a good role model?

What little things can you easily do each day  
to show kindness to others?



**‘Three Things in Human Life Are  
Important. The First Is To Be  
Kind. The Second Is To Be Kind.  
And the Third Is To Be Kind’**

Henry James





Make at least one small change  
Try it for a week.  
Encourage others to do the  
same!

