



Wellbeing



Wellbeing is more important than ever at the moment. The purpose of this Powerpoint is to think about different ways we can all focus on our mental health and wellbeing.

- +
 - - Wellbeing is the state of being comfortable, happy and healthy!



- Improving wellbeing has a direct link not only to feeling better, but also functioning better. It helps with physical health, and also things like performance at school, and quality of life.

5 WAYS TO WELLBEING

- Research shows there are five simple things you can do as part of your daily life – at work, school and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These simple actions are known internationally as the Five Ways to Wellbeing.



CONNECT

Connect with the people around you.
With family, friends, colleagues and
neighbours.

Good relationships are important for your
mental wellbeing. They can:

- help you to build a sense of belonging
and self-worth
- strengthen relationships with others
- give you an opportunity to share positive
experiences
- provide emotional support and allow you
to support others.



Ways to connect



- Talk to your friends and family
- Help a friend or neighbour
- Eat a meal with your family
- Make a new friend
- Say hello to someone
- Bake some cakes and share them
- Ring someone on video call to say help
- Write a letter
- Play a game.

BE ACTIVE

Being physically active improves physical health and can improve mood and wellbeing and decrease stress and anxiety.

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising self esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood



How to keep active!

- dance to your favourite song
- walk a dog
- hula hoop
- join a sports team
- play a game in the playground
- walk or cycle to school
- help in the garden
- run a race with friends
- make up your own sport
- Follow an activity online: Joe Wicks, Cosmic Kids.



Learning new skills

Keep Learning: Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.



- Research shows that learning new skills can also improve your mental wellbeing by:
- boosting self-confidence and raising self-esteem.
- helping you to build a sense of purpose
- helping you to connect with others
- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Ideas for new skills!

- learn a new word each day
- visit a museum or art gallery virtually
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song



Give

Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

- Research suggests that acts of giving and kindness can help improve your mental wellbeing by:
 - creating positive feelings and a sense of reward
 - giving you a feeling of purpose and self-worth
 - helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.





Give!

- smile and say thank you
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting
- listen to someone else and how they are feeling

Take Notice (Mindfulness)

Take Notice: Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.





Take Notice!



- look what you can see out of your window and how it changes
- paint or draw a picture of what you've seen today
- think about how you are feeling today
- listen to the sounds of nature like the wind and rain
- play I spy
- notice how your friends or family are feeling today
- Square breathing
- Close your eyes and think about each one of your sense.
- Yoga



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY