

6 WAYS TO WELLBEING

WHAT IS WELLBEING?

Wellbeing can be described as feeling physically and mentally well, feeling comfortable, and having a good quality of life, and there are many factors that can influence our wellbeing in a positive or a negative way. The 6 Ways to Wellbeing outlines simple steps that we can take each day to improve and maintain positive wellbeing. Try to incorporate one activity from each of the 6 Ways to help you feel happier, healthier, and more fulfilled, each day.

1. BE ACTIVE

Being active is great for your physical health as well as your mental health, as the "happy hormone" Endorphins are released in your brain when you are active. Some examples of being active include: Going for a walk or a run; Cycling; Playing a game; Gardening; Dancing; Cleaning; Going to the park; or Playing Football.

2. KEEP LEARNING

Learning helps to keep your brain functioning well, and so it has a great impact on mental wellbeing. Learning new things also helps to boost self-esteem, and confidence, and gives you a sense of achievement. Some ways that you can keep learning include: Trying something new; Signing up for a course that interests you; Learning how to fix a bike, how to play an instrument or how to cook your favourite food; Reading a book; or Learning a new word each day/week.



3. GIVE

Give refers to helping other people. Helping others enhances our wellbeing by rewarding us with a sense of pride, achievement, and connection with others. Some ways that you can give include: Doing something nice for a friend or a stranger; Smiling or saying hello to someone; Helping someone at home; Volunteering your time or donating to charity; Spending time with friends or relatives who need support or company; or Holding the door open for someone.



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4. CONNECT

Social connection is a fundamental human need and has a great impact on our wellbeing, as well as preventing mental health difficulties. Connecting with others gives us a sense of belonging, support, reducing stress, and allows us to have shared positive experiences. To improve your social connection you could try:

Calling someone to ask how they are; Have lunch with a friend; Join a club or community group; Talk to your family around the dinner table; Play a game with someone; or Reach out to someone you trust when you are feeling down.



5. TAKE NOTICE

Take notice refers to paying attention to the world around you, and absorbing your surroundings. Taking notice helps to ground you in the present moment, while also helping you to reflect on what is important to you. You can take notice by: Taking time to reflect on what is happening around you and what you are feeling; Writing down 3 things you are grateful for at the end of the day; Thinking about what you can see, hear, smell, taste and touch around you; Noticing the nature and wildlife when you are on a walk; Taking time to notice of the texture and taste of the food you are eating; or Following a mindfulness video on YouTube.

6. CARE

Caring for the planet, for yourself, for others, or caring about a social cause, all bring positive reward, achievement and fulfilment to our lives. You can show more care by: Recycling and ask others to recycle; Turning off light switches; Eating more fruits and vegetables; Growing a plant; Getting enough sleep; Hydrating yourself; Educating others on a social cause that you care about; or Engaging in the other 5 Ways to Wellbeing.



IF YOU FEEL UNABLE TO MANAGE YOUR WELLBEING ON YOUR OWN, THEN SPEAK TO A TRUSTED ADULT AT SCHOOL ABOUT FURTHER SUPPORT.