

5 ways to wellbeing

A guide to improve your mental health & wellbeing

1. UNPLUG & PAY ATTENTION

Unplug and disconnect from the virtual world. Taking a break from social media can really help you feel free and clear headed

- ♥ Try designating a certain time each day when you turn off your phone and put it away. Use the time to help around the house, talk to your family, make something creative or play with a game/ toy you haven't used for a while.
- ♥ Multi tasking is a myth, pick a game or activity and give it your full attention.
- ♥ Choose a day when you have time to go for a walk, keep your phone away and don't listen to music. Notice the trees, and the birds and the noises around you. Spending even just a short while listening to the world can be really calming.

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.

Read more about [mindfulness](#), including steps you can take to be more mindful in your everyday life.



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2. GIVE TO OTHERS

Research suggests that acts of giving and kindness can help improve your mental wellbeing. Things we can do include:

- ♥ Giving a friend your time and smiles shows kindness
- ♥ Complimenting someone if they have a new hair cut will make them feel special, that you noticed them; and knowing you made them smile is a lovely feeling
- ♥ When a classmate does well in a test or on a piece of work at school; congratulate them and show them praise without comparing to your own work.
- ♥ Show an interest in someone's hobby. Find out what a friend does outside of school and ask them about it; watching them talk about something they enjoy will make you both smile.

Some other examples of the things you could try include:

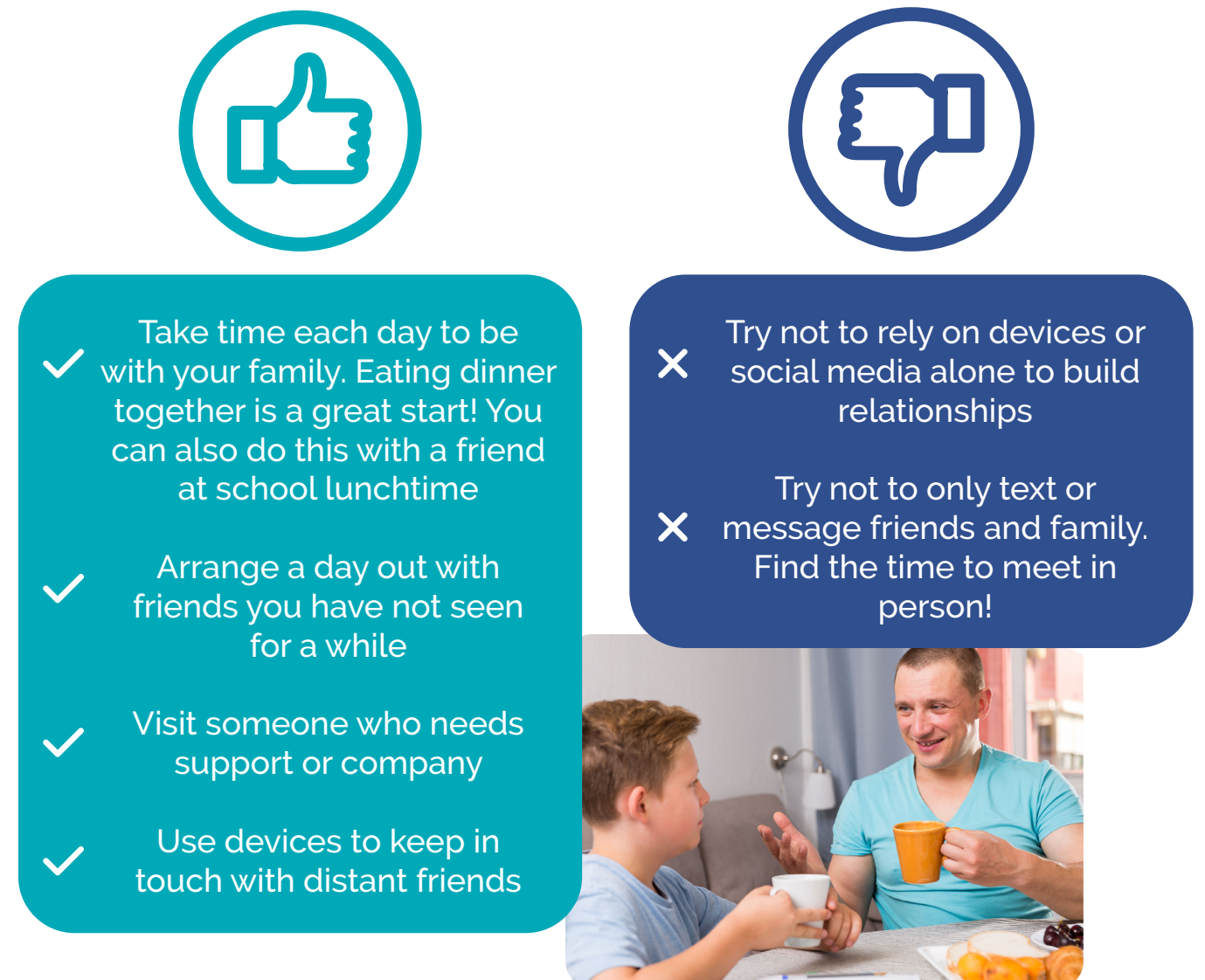


3. CONNECT WITH OTHER PEOPLE

Good relationships are important for your mental wellbeing. Nurturing those relationships is essential to make yourself and others feel good!

- ♥ People have friends from around the country and world on social media but try focusing on the friends you have around you. Spend one evening hanging out, chatting or playing with your best friends
- ♥ Have a conversation with someone in your family about something you read or saw. Free flowing conversation is enjoyable when you are not trying to be a certain way to impress your friends.
- ♥ Once a month call someone you haven't spoken to in a while. It can feel really nice to reconnect and talk about the fun times you had and fond memories.
- ♥ Talking about your day with classmates and comparing stories from the week can be really enjoyable.

There are many other things to try to help build stronger relationships:



4. LEARN NEW SKILLS

Learning new skills keeps your mind moving and it doesn't have to feel like school work! Why not try out that hobby that you've always wanted take up?

♥ Be curious about things you have never heard of before; when a friend tells you about a trip they went on or a hobby they do, ask them to explain more about it. It feels good to have new thoughts in your head

♥ Take some time away from online games to learn a different game. Ask a family member or friend to teach you a card game or card trick

♥ Read a book; try a new author or a non-fiction book. Reading is a great way to relax and learn, it can be interesting to understand things from a different perspective, so read something written where the main character is different to you- in gender/ age/ background/ country or culture.

♥ Learn what your body can do. The human body is remarkable and is able to achieve the greatest things. Go to a park or open space and run/ jump/ leap and bound around.

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:

Try new hobbies that challenge you, such as learning to paint!

Learn to cook something new! Find out about [healthy eating tips](#)

Work on a DIY project, such as fixing an old bike. Watch online tutorials for help!

Consider signing up for a course at a local college, you could learn a new skill!

Do not feel that you have to learn or sit exams. Find activities that you enjoy!

5. BE PHYSICALLY ACTIVE

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by [raising your self-esteem](#)

♥ Being active is important for our minds and our bodies. But being active, doesn't necessarily mean running or exercising or sport if this is not something you enjoy

♥ Get outside in the breaktimes and at lunch time- play on the playground or field

♥ Find a ball and see if you can throw, kick or bounce it- against the wall, the pavement or into a hoop/ goal

Find out more ways you can get active:

Find free activities to get you fit

Find out how to start swimming, cycling or dancing

Start running with the NHS couch to 5K podcasts!

Find out about getting active with a disability or long-term condition

Find out how to get started with exercise



Remember! You don't need to spend hours in the gym. Try to find exercises you really enjoy