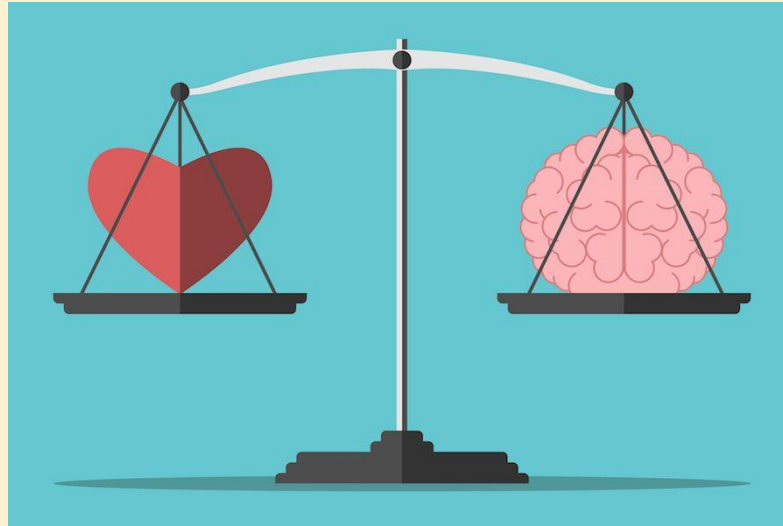
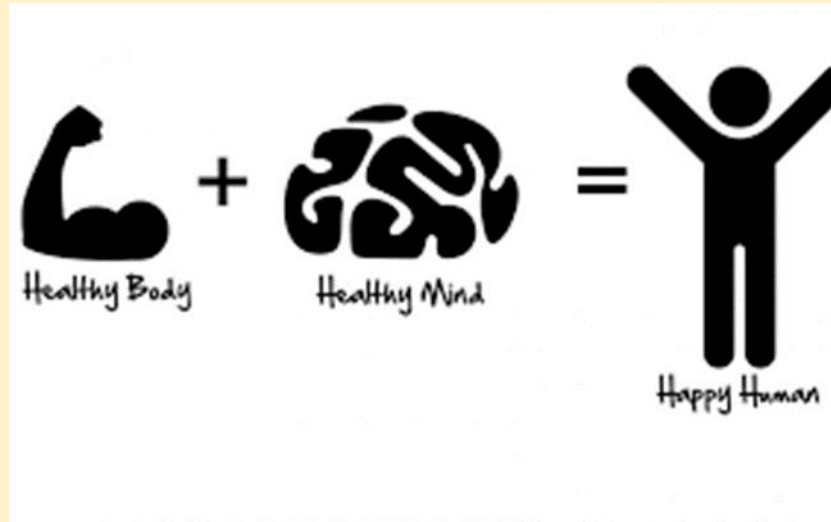


# Wellbeing



Looking after our **Mental Health** is just as important as our **Physical Health**.



Today we are going to look at how our **Physical Health** and **Mental Health** can help our **Wellbeing**.

Wellbeing is made up of two parts:



**Physical health** - the well being of your body



**Mental health** - the well being of your mind

Both your physical health and mental health will **change** throughout your life.

Sometimes ..

- You feel great
- You're just doing OK
- You can be a bit down and you're not OK
- You can not cope and it's important to get some extra support



Our wellbeing can change with ups and downs depending on what's happening around us.



Sometimes it might feel a bit like being on a rollercoaster of emotions.

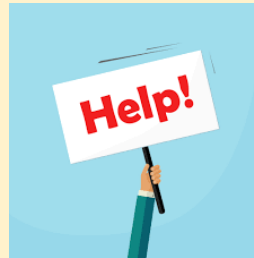
It is important to:



Know how to look after  
your own **wellbeing**



Make sure your voice and  
your views are **heard**



Be confident to **ask** for help



Help your friends

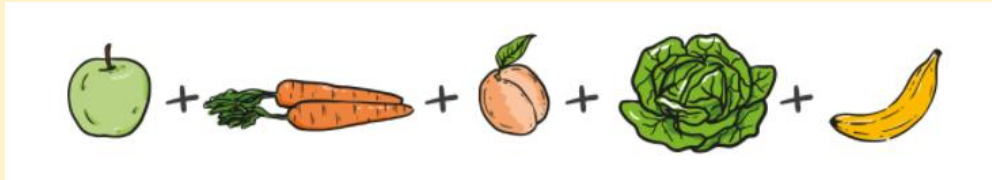


Realise **when** you need help



Know **where** to get help

# The Five Ways to Wellbeing



You've heard about 5 A Day - eating five portions of fruit and vegetables a day to keep your body fit and healthy.



'The Five Ways to Wellbeing' are activities you can do every day to look after your emotional wellbeing and mental health.

<https://www.startnowcornwall.org.uk/five-ways-to-wellbeing/>

# Today's task

Identify 2 activities for each of the 5 wellbeing areas that you will try to do this week.



- Your mission next week is to try and have your '5 a day' wellbeing activities.
- You do not need to have one from each area every day, but should aim to have a good balance over the week.



# Take Notice - Be Mindful

Take time to pause from what you are doing and be aware of the world around you - what can you hear, see and smell?

## Ideas:

- Cloud spotting
- Try new food
- Watch animals and birds outside
- Remember the things that make you smile
- Look at something that you see every day. Look at the detail. Do you see anything that you didn't notice before?



# Connect

Connect with the people around you - friends, family, staff, neighbours...  
Building connections will help support you when you are not coping.

## Ideas:

- Share how your day has been
- Smile
- Ask a friend about their weekend
- Talk to someone in person instead of text/social media/online
- Share a random cat picture or inspirations photo with a friend
- Write a letter or send a postcard to somebody
- Make contact with someone you used to know
- Don't use your phone for a day (or a few hours)



# Time for you - Learn something new

It is important to do things that you enjoy and spend time with people you like/love.  
It is important to try new things and not just do the same thing all of the time.

## Ideas:

- Try something new
- Join a new club
- Learn something new ... how to count to 10 in Japanese, 13 amazing facts about your favourite animal, look up a word you have never seen before
- Spend time downloading music and making a playlist
- Find a new hobby



# Give

Do something nice for somebody, help out at home, thank someone, smile.  
Any acts of kindness can make you feel happier.

## Ideas:

- Check that your friends are ok.
- Say thank you to somebody who has helped you.
- Give unwanted items to charity.
- Offer to help with chores at home; Hoovering, carrying shopping in, taking the bin out.



# Be Active

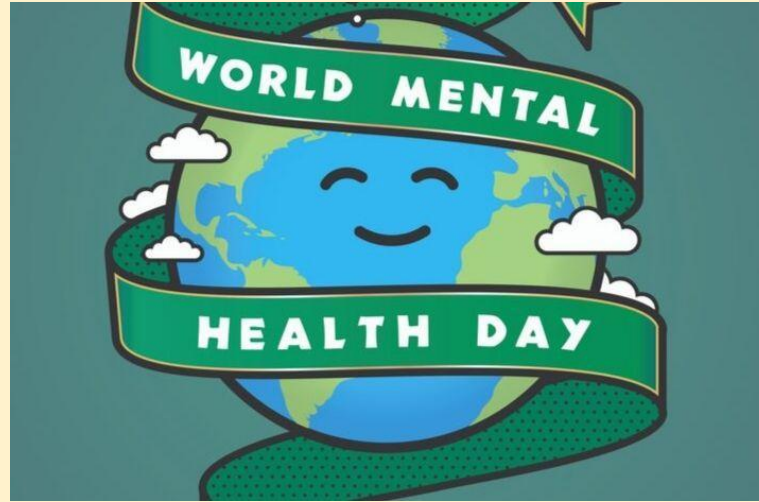
Moving makes you feel good. Science tells us that physical exercise changes the chemicals in your brain and release happy hormones.

Being outdoors and doing things that you enjoy are important too.

## Ideas:

- Turn up your favourite song and dance!
- Go for a walk in the countryside or the beach
- Walk the dog
- Gardening
- Make bread
- Climb a tree
- Join a lunchtime PE club





Friday 9<sup>th</sup> October is World Mental Health Day



To support this we are going to be involved with **#HelloYellow** to help raise funds for Young Minds.

Young Minds is a charity that supports young people and families struggling with Mental Health.

We are going to be involved in 2 ways:



1) Try to complete our 5 a day well being activities.



2) Write/print/paint a positive wellbeing message on a yellow t-shirt that you can wear on Friday.

You will do this during your Art lesson.

If you do not have Art you will do it during Maths on Wednesday.





## Why are we wearing yellow?

We've all been going through a difficult time, so wearing yellow today is a way of showing solidarity with young people and helping them know that they're not alone.

Looking after our wellbeing has never been more important and too many young people still feel ashamed to open up about how they're feeling.

The more people who show they care, the more comfortable young people will feel about talking to someone if they're struggling.