

# SEND and LEARNING SUPPORT

## 5 Ways to Wellbeing

Scientific evidence suggests that there are 5 things that we can do to help us feel better about ourselves and maintain positive mental health. Look at the categories below and think about how you could do a little of these things every day to support a positive mental health.

### Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. These relationships are very important, invest time in developing and enjoying them. Building these connections will support and enrich you every day.

### Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

### Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Taking notice of your feelings and what goes well will help you appreciate what matters to you.

### Keep learning...

Try something new. Rediscover an old interest. Sign up for that club. Take on a different responsibility. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

### Give...

Do something nice. Thank someone. Smile, ask someone how they are. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

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Now write down a few small things you think you can do each day to increase your wellbeing. Once you have tried them for a week, review them. Did any of them work? Are there things you can change? Did it give you any more ideas? Use your review to set yourself a plan for the coming weeks.

5 Ways to Wellbeing	Ideas to try Week 1	Review Week 2	Plan
Connect...			
Be active...			
Take notice...			
Keep learning...			
Give...			