

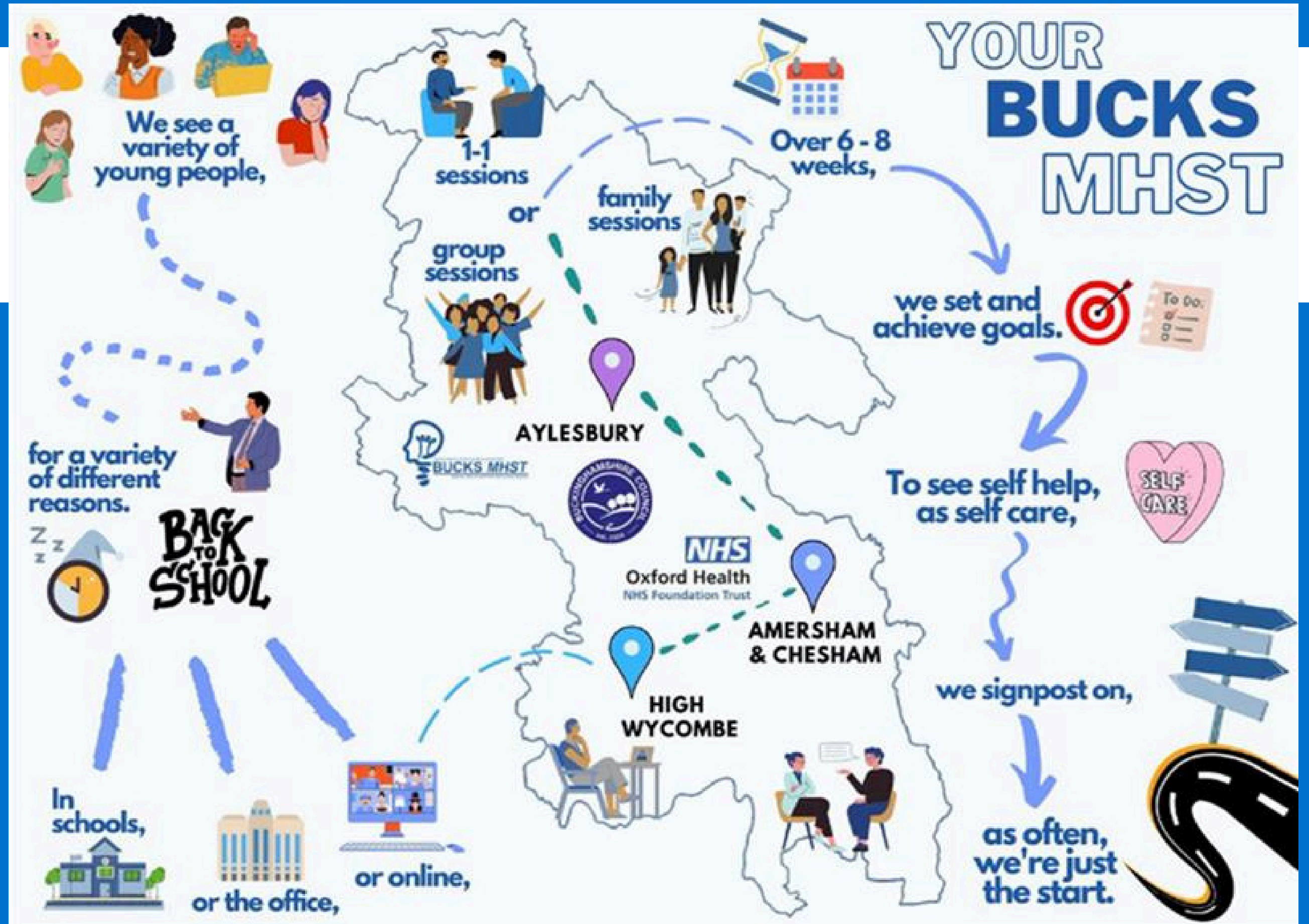


Mental Health
Support Team
Buckinghamshire

5 WAYS TO WELLBEING

WHO ARE WE?

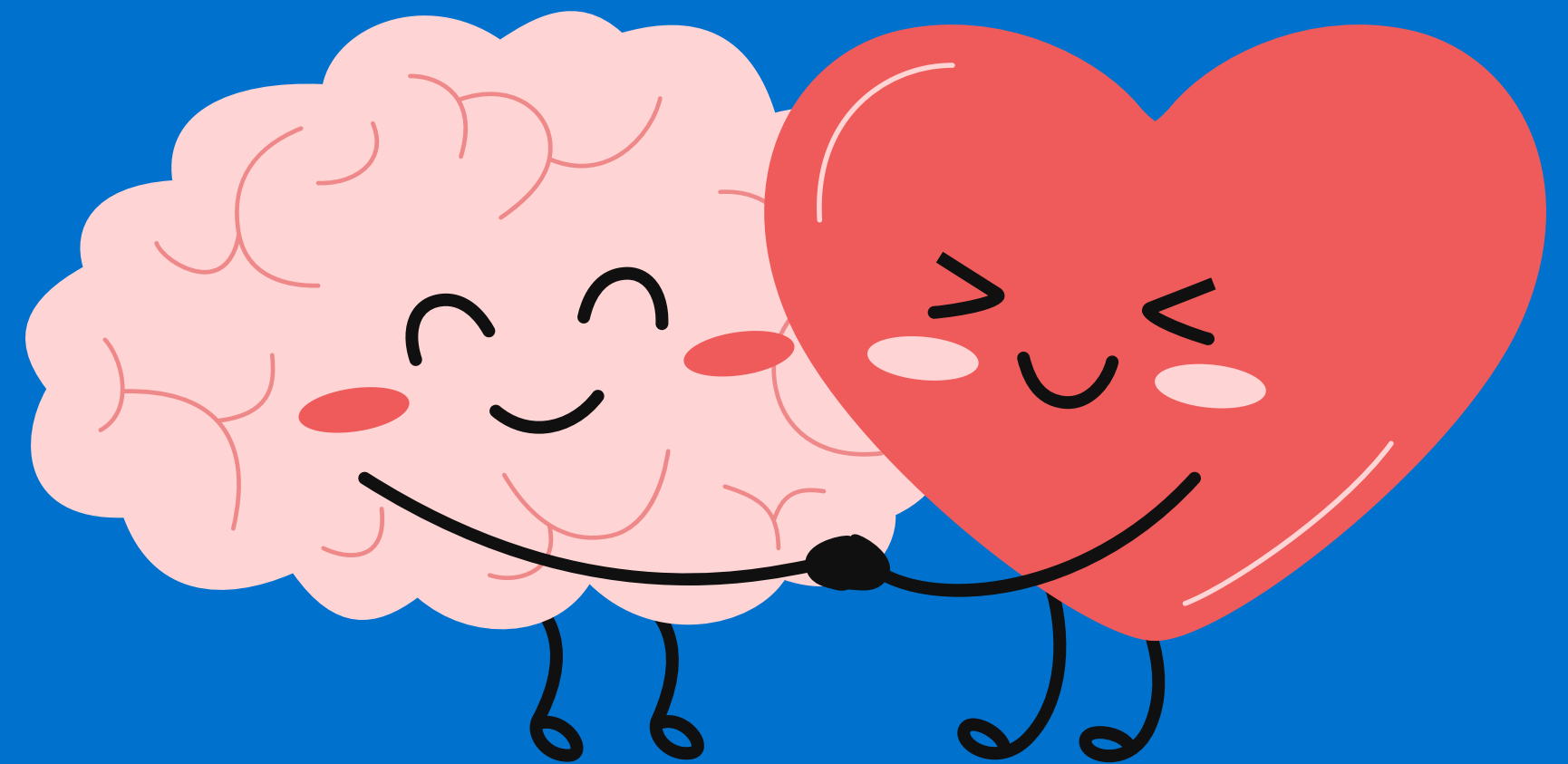
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Education Mental Health
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MENTAL HEALTH AND WELLBEING

Wellbeing is...

- How we feel in our minds
- How we feel in our bodies
- How we get along with other people
- How we cope with our day



It's about feeling safe, happy, healthy, and able to enjoy life, most of the time.

Everyone's wellbeing goes up and down, and that's completely normal.



KEEP LEARNING

BE ACTIVE

TAKE NOTICE

CONNECT

GIVE

5 WAYS TO WELLBEING

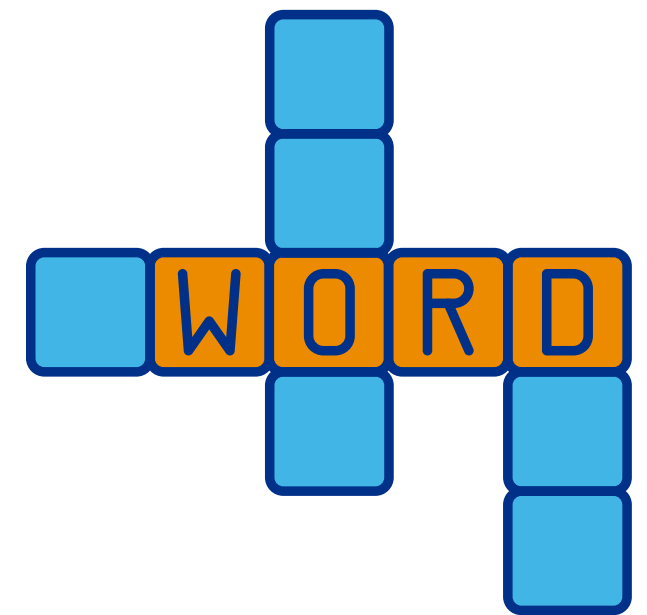
KEEP LEARNING

TRY NEW THINGS



Learning new things helps our brains grow and gives us confidence. We don't have to be perfect, just curious and willing to try

- Learning a new fact, word, or skill
- Trying a new hobby like drawing, baking, or building
- Asking questions in class
- Challenging yourself with a new book or puzzle



Being active means doing anything that gets your body moving. When we move, our brains release chemicals that help us feel happier and full of energy

- Running around at break time
- Joining a sports club or dance club
- Taking a walk with family
- Playing 'tag' or skipping



BE ACTIVE

**MOVE
YOUR
BODY**

**SLOW DOWN
AND LOOK
AROUND**

TAKE NOTICE



Taking notice means paying attention to what's happening around us and inside us. It helps us feel calm and grateful

- Noticing nature: clouds, trees, birds
- Taking a few deep breaths when feeling stressed
- Thinking of one thing you enjoyed today
- Putting away distractions and focusing on the moment



Connecting means spending time with the people who care about us. This could be your family, your friends, or even someone new in your class. When we talk, listen, smile, and help each other, we feel happy and safe

- If you like playing outside?
- If you enjoy meeting new people?
- If you will sit next to someone different at lunch time today?
- Have learnt something new about their friend recently?



CONNECT

**SPEND TIME
WITH PEOPLE**

BE KIND AND HELP OTHERS



GIVE

Giving doesn't always mean presents. It can be giving your time, your help, your kindness, or even a compliment. Helping others makes them feel good and makes you feel good too

- Helping tidy the classroom
- Sharing equipment
- Giving someone a kind note or compliment
- Doing something helpful at home



KEEP LEARNING

IS THERE SOMETHING NEW YOU'D LIKE TO LEARN?

BE ACTIVE

WHAT ACTIVE THING DO YOU ENJOY THE MOST?

TAKE NOTICE

WHEN ARE YOU GOING TO STOP AND SLOW DOWN TODAY?

CONNECT

IS THERE SOMEONE NEW YOU COULD SAY HELLO TO TODAY?

GIVE

WHAT COULD YOU DO TODAY TO MAKE SOMEONE ELSE'S DAY BETTER?



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Thank You!



Oxford Health
NHS Foundation Trust