

5 WAYS TO WELLBEING

You can view a short animation created by the NHS Create Team around 5 steps to well-being [here](#).



Research suggests there are 5 steps we can take in order to improve our well-being and get the most out of life.

Connect

Relationships are critical for promoting wellbeing and evidence suggests that feeling close to and valued by others contributes to good mental wellbeing. It is important you connect with people to increase your feeling of happiness and self-worth:

- Make time every day to spend with your family and talk with them;
- Talk to someone instead of sending a text and ask how they are;
- Speak to someone new;
- Arrange to meet up with friends and/or family you haven't seen for a while;
- Ask how someone's weekend was and really listen when they tell you;
- Put five minutes aside to find out how someone really is.

Be Active

Today, why not get physical? Here are a few ideas:

- Exercise is so important and is associated with lower rates of depression and anxiety promoting good wellbeing;
- Go for a walk at lunchtime;
- Walk or cycle to school;
- Get off the bus one stop earlier than usual and walk the final part of your journey to school
- Have a kick-about in a local park;
- Do some 'easy exercise', like stretching, before you leave for school in the morning;
- Join an extra-curricular sporting activity.

Take Notice

Being aware and present, taking notice and savouring moments can help you to reaffirm your life priorities. It can help you to reflect, understand and make positive choices. Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Take notice of the environment around you;
- Have a 'clear the clutter' day;
- Take notice of how your friends are feeling or acting and try to support them;
- Take notice of your own feelings, write them down;
- Take a different route on your journey to or from school;
- Visit a new place for lunch.

Learn

Why not learn something new today? Here are a few more ideas:

As we go through life it is important to continue learning. It enhances self-esteem and encourages social interaction and a more active life. The opportunity to engage in something new supports good mental health:

- Find out something about your friends and family. Ask questions!
- Sign up for a class or activity;
- Read the news or a book;
- Do a crossword or Sudoku;
- Research something you've always wondered about;
- Learn a new word;
- Learn to play an instrument;
- Learn a new hobby.

Give

One of Barnwood Park School's Guiding Principle "Do Acts of Kindness", because research suggests that people who show a greater interest in supporting and helping others are more likely to be happy within themselves. Even the smallest act can count whether it is a smile, a thank you or a kind word:

- Smile, say hello, thank you, how are you?
- Help someone if they look like are struggling;
- Hold the door open for someone;
- Help out at home around the house;
- Donate unwanted items to charity;
- Volunteer.