Happy Well-being Wednesday!

Why is Social Wellbeing Important?

It allows us to build and maintain healthy relationships

We develop the skills to create communities and feel safe

> Having a good support network improves our mental health and reduces stress levels

Better overall social wellbeing results in us feeling happier and improves our enjoyment levels

Social interaction with friends, family and colleagues helps improve our confidence and self-esteem



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Happy Well-being Wednesday! Why is Physical Wellbeing Important? Sleeping better allows your body and mind to Keeping healthy and active reduces all-risk recharge mortality by 30% Eating well helps **Regular** activity will imprové metabolism and flexibility and improve digestion

Improving hydration helps physical and mental health Better overall physical health leads to better energy levels

will improve flexibility and strengthen muscles and improve bone health



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Happy Well-being Wednesday!

Why is Mental Wellbeing Important?

Helps us to feel able to cope with life's challenges Better overall mental and emotional health leads to us feeling happier and reduces stress

levels

Our mental health affects how we think, feel and act - it's important we take care of ourselves

By looking after our mental health and wellbeing, we improve our relationships with those around us

> Paying attention to our mental and emotional health decreases the risk of experiencing mental illness



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