

Happy Well-being Wednesday!

Mental
Health
UK

5 Top Tips for Mental Wellbeing

Looking after our mental health is important for all of us whether we are living with a mental illness or not. Just like with physical health, there are things we can all do to help us look after our mental wellbeing and face the challenges life throws at us. Here are 5 easy tips on how to do this.

Three weeks ago, we looked at 5 tips for Mental Well-being. How are you doing with yours?



1
Communicate



2
**Make life better
for others**



3
**Feed your
creative side**

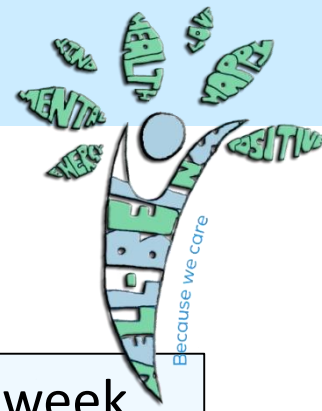


4
**Balance your
diet and
maintain a
healthy lifestyle**



5
Keep active

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Make a promise 😊

This week I would like you to all make a promise to yourself that for this week you will make a real effort on one of the 5 tips. I would choose one you feel you need to work on the most.

Some ideas for you to work with:

- To drink more water and less fizzy or sugary drinks
- To take up a new hobby, learn how to do something creative such as knitting, painting, doodling
- Talk to your family more (less time in your room, more time with family)
- Do something kind for others such as random acts of kindness, something as simple as making a cup of tea for your parents/carers each morning
- Eat healthy (5 fruit or veg a day and less sugary/fatty items)
- Be more active – walk to school, run around the block every day, go for a walk in the park

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Where to get help if you need support:



**Kooth is a free online service
offering emotional
and mental health support
for children and young people**

www.kooth.com

@RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Duty team
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

