

# Happy Well-being Wednesday!



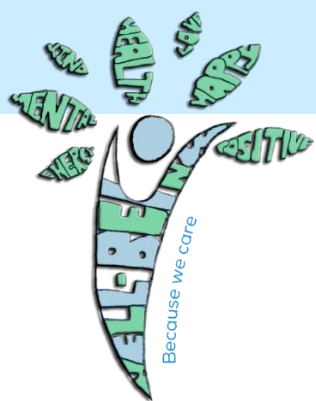
**ARE YOU READY  
TO [#WALKTHISMAY](#)  
IN 2023?**



Walking is one of the easiest ways to improve physical and mental health and stay connected to our community, helping us feel less lonely and isolated. And by swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger – and save yourself some money and keep active in the process!

Did you know that a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes?

We've put together 20 tips to help you fit 20 minutes of walking into your day. From inviting friends and family for a walk to taking a post-work stroll, how many [#Try20](#) tips can you do during National Walking Month?



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## #TRY20 CHECK LIST

### STEPS TO LEADING A HAPPIER AND HEALTHIER LIFE.

Walking is free, flexible and fun, and it's proven to have huge benefits for our health and wellbeing.

We've put together 20 tips to help you fit 20 minutes of walking into your day.

<b>TIP 1</b> INVITE FRIENDS AND FAMILY FOR A WALK <input type="checkbox"/>	<b>TIP 2</b> A WALKING MEETING <input type="checkbox"/>	<b>TIP 3</b> LET NATURE GUIDE YOU <input type="checkbox"/>	<b>TIP 4</b> WALK TO AND FROM WORK <input type="checkbox"/>
<b>TIP 5</b> GET SNAPPY <input type="checkbox"/>	<b>TIP 6</b> TRANSFORM YOUR STREET <input type="checkbox"/>	<b>TIP 7</b> WALK TO THE SHOPS <input type="checkbox"/>	<b>TIP 8</b> SCAVENGER HUNT <input type="checkbox"/>
<b>TIP 9</b> HAVE AN ADVENTURE <input type="checkbox"/>	<b>TIP 10</b> LET THE KIDS LEAD THE WAY <input type="checkbox"/>	<b>TIP 11</b> GET CREATIVE <input type="checkbox"/>	<b>TIP 12</b> TREAT YOURSELF <input type="checkbox"/>
<b>TIP 13</b> GET PICKING <input type="checkbox"/>	<b>TIP 14</b> EVENING STROLL <input type="checkbox"/>	<b>TIP 15</b> A MINDFUL MEANDER <input type="checkbox"/>	<b>TIP 16</b> RATE YOUR WALK <input type="checkbox"/>
<b>TIP 17</b> PREPARE FOR THE WEATHER <input type="checkbox"/>	<b>TIP 18</b> REACH OUT <input type="checkbox"/>	<b>TIP 19</b> POWER WALK TO THE FINISH <input type="checkbox"/>	<b>TIP 20</b> SHARE YOUR HIGHLIGHTS <input type="checkbox"/>

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

# Useful helplines



**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

**0800 58 58 58**

**WEBCHAT**

<https://www.thecalmzone.net/>

**childline**

**Call 0800 1111**

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>

**shout**  
**85258**

TEXT 'SHOUT' TO

**85258**

here for you 24/7

<https://giveusashout.org/>

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**HOPELINEUK**  
0800 068 41 41

<https://www.papyrus-uk.org/>

**SAMARITANS**

**Call 116 123 for free**

<https://www.samaritans.org/?nation=scotland>

**Anxiety UK**

**03444 775 774 | Text support: 07537 416 905 (open Mon-Fri 09:30-17:30)**

<https://www.anxietyuk.org.uk/>

A useful website to use → <https://www.nhs.uk/every-mind-matters/urgent-support/>

# Happy Well-being Wednesday!

Where to get help if you need support in school:

@RPCC there is so much support.

- Tutors
- Head of year support
- Heads of year
- Teachers
- Support staff
- Mental Health support workers
- School Councillor
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

