

# What is wellbeing?

Good wellbeing might include..



Feeling happy or content



Working productively and fruitfully



Making a contribution to the community

Realising own achievements and abilities



Coping with the normal stresses of life

We all need to be looking after our own Well-being, especially during these uncertain times.

We know this can become a challenge, so having one day week where you can focus on this will hopefully help you develop some good habits.

**What do you already do for your well-being?**

**The meaning of Well-being;**

*'The state of being comfortable, healthy, or happy'*

# Introducing the rocks of Well-being

Research says that if you set yourself up with a good daily routine and include these each day, it will improve your well-being

Rock 1 – Sleep – 8-9 Hours a night

Rock 2 – Exercise – 20 mins per day

Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar

Are you already doing this? If not how can you make those changes?

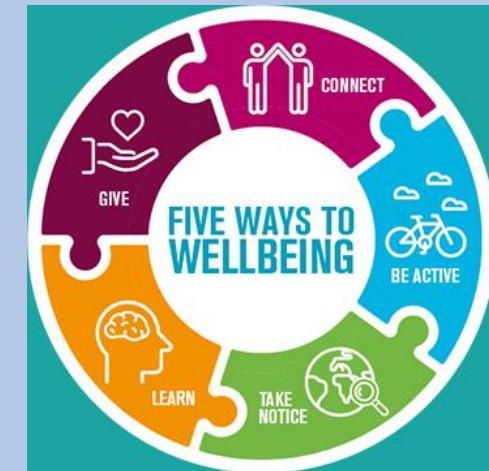


# Well-being Wednesday

In addition to the rocks, every Wednesday we would like you to ensure you do something good for your well-being. This could be a range of things (everyone is different)

## Ideas;

- Go for a family walk after school
- No more screen time/computer activity, play board games instead as a family
- Sit and talk with your family (not hide in your room all evening)
- Call a family member or friend to check in on them
- Read a book
- Create something/draw/colour
- Have a relaxing bath
- In the garden with a football or tennis bat & ball - a keepy uppy challenge with a family member.
- Play a card game - Uno ? Or snap ?
- Tell your family member(s) the best joke you know
- Look at family photo albums & see how much people have changed
- Make a healthy desert for dinner
- Create a family 'Britain's got talent' show
- Give someone in your household a makeover
- Make an assault course in your garden for everyone to try



What will be your  
focus this  
Wednesday?

# TEENAGE HELPLINE



- <https://teenagehelpline.org.uk/>

## Affected by Covid-19?

These are unprecedented times.

Ask for help if you need it.

**You are not alone.**



# TEENAGE HELPLINE



These are some of the subjects the website focuses on!



Mental Health



Relationships and Sexuality



Internet



Education



Life Skills



Careers