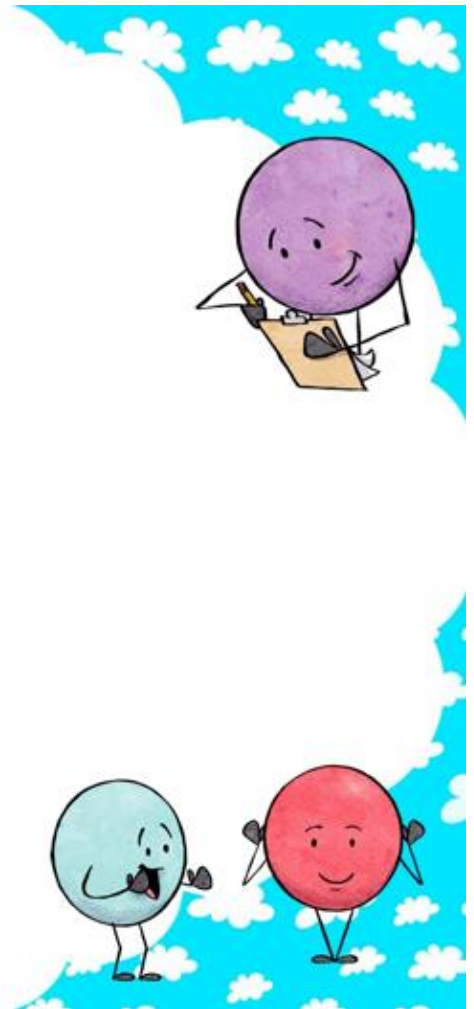


# 5 ways to wellbeing

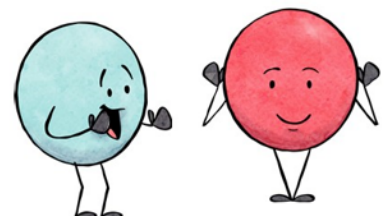


## Connect

Making a connection with other people can feel AMAZING! Connecting with others makes you feel like you belong, you are important and you are valued. Belonging helps raise your self esteem.

You can connect with people in lots of different ways. Try and connect with someone EVERY day.

- Talk to someone by telephone instead of texting or emailing
- Speak to someone new in school that you haven't spoken to before
- Spend time talking to your sisters and brothers. Play a game with them or read a story and discuss the story.
- Talk to your next door neighbour
- Spend time listening, not just talking. Really listen to what others are saying.
- Join a club or a group and get to know people who like the same things as you do





# Be active

When you get physically active it can make you feel GREAT! People who exercise regularly have lower rates of sadness and depression and feel less anxious. It is a great way to reduce any anxiety you are feeling. You don't have to do anything really intense or difficult.

You can fit exercise in your day in many ways. Try and exercise EVERY day.

- Take up a sport
- Go for a run or a walk
- Do a silly dance
- Make up a dance routine
- Make up a daily exercise routine
- Try your hand at gardening or growing things
- Try yoga
- Organise running races on the playground

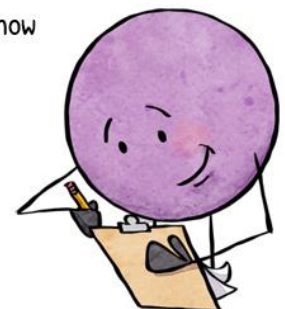


# Take notice

Taking notice is about appreciating things around you right now. This means being in the present moment, right now! No worries about the future no thoughts about past regrets, just observing and seeing what is there right now.

You can notice things every day in many ways. Try and take notice EVERY day

- Look around the room and find something you haven't noticed before
- Notice your thoughts and feelings and accept them
- Imagine you are an alien from another planet and see what you can notice about our planet earth
- Go for a nature walk and notice things in nature
- Get a camera and use it to take photos of things that are happening now
- Notice colours, textures, sounds, smells, and shapes
- Use your eyes, nose, ears, mouth and hands to see things around you
- Notice the details in things. Try it with an every day object.



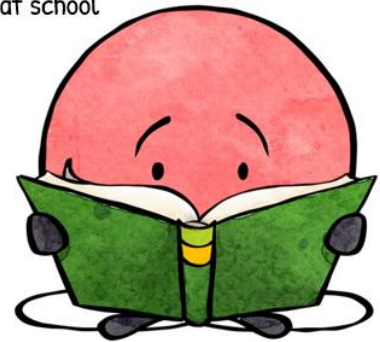


# Learn new things

Learning new things feels GREAT! It doesn't have to be much, just a little thing each day that you have learnt to do.

You can learn new things in many ways. Try and learn new things EVERY day.

- Read books
- Research on the computer
- Listen to music
- Practice a dance routine
- Ask grandparents about how things used to be in their time at school
- Watch documentaries on the TV
- Find out more about something that interests you
- Learn how to draw or paint

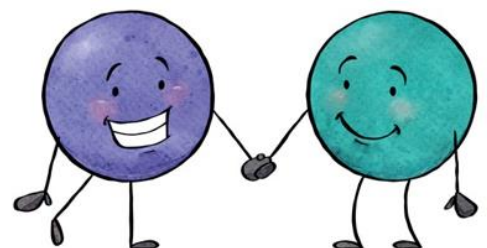


# Give

Giving or helping others feels GREAT! Have you noticed how you feel when you help someone?

You can fit giving or helping, in lots of ways. Try and give or help EVERY day.

- Open a door for someone
- Ask someone who is lonely to play or hang around with you
- Do chores at home
- Help your classmates or teacher in class
- Do the shopping for an elderly neighbour
- Offer to do some gardening for your grandparents
- Compliment someone and make them feel good
- Be kind to someone who looks sad
- Raise money for a charity event



## Top tips to support children and young people

### Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

- [How to start a conversation with your child](#)

### Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

- [Help with difficult behaviour and emotions](#)

### Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

### Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

### Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

- [The Anna Freud Centre support guide](#)

### Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

- [Sleep tips for children](#)

## Looking after your own mental health

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about.

Try to recognise and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health problems does not make you a bad parent or carer.

It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of.

Is there a friend, fellow parent or carer you trust enough to tell how you're feeling? Maybe there's family, friends or a colleague who could support you or allow you a break?

There's plenty of help out there. You should never feel like you have to cope on your own.

[Young Minds has lots of support for parents](#), including a helpline and guidance around [parenting with a mental illness](#).

Mind has information and suggestions on how to manage [parenting with a mental health problem](#).

Scope has advice on [managing stress when caring for a disabled child](#).