

**Ways to Wellbeing**

Your mental wellbeing is an important aspect of life. It is about how you are feeling right now and you can cope with daily life. Your wellbeing can change from moment to moment, day to day, or month to month.

Our wellbeing can change due to things which happen to us or it can change for no reason at all. It can affect the way we feel and think about ourselves and others. So, it is important that we do what we can to look after our wellbeing.

Your wellbeing is important as it can help us to feel and express a range of emotions, have   
confidence and positive self-esteem, have good relationships with others, enjoy the world around you and cope with stress and adapt when things change.

Here are some top tips of how to look after your own and your child’s wellbeing.

**Technology**

**Breaks**

**Eat**

**Healthy**

**Get enough**

**Sleep**

**Be**

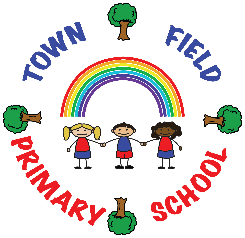
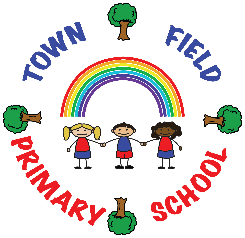
**Active**

It is important to take a break from technology and connect with the world. TV, tables and phones can affect your sleep and mental wellbeing. The blue light that comes through your screen is similar to daylight, so it makes your body think that it is daytime and want to stay awake longer.

Getting good sleep, and enough of it, can help us have more energy, feel more positive, and feel less stressed.  Adults need 6 to 9 hours sleep whilst children age 3-5 need 10 to 13 hours and children age 6 to 12 need between 9 and 12 hours sleep a night.

Eating a healthy and balanced diet can help to improve our   
wellbeing, mood and mind-set. We need to ensure we eat the right food to give our body enough energy to look after itself. It is important to have a balanced diet and to be careful how much caffeine and sugar we consume.

Exercising regularly can improve your mood and self-confidence; it can increase your energy during the day and help you sleep at night. When you exercise, it releases a chemical in your body called endorphins. This chemical triggers positive feelings and emotions.



What we do to relax and the things we enjoy are different for all of us. Taking time to relax can give us time to de-stress think and feel calm. Mindfulness activities can help us to relax and switch our   
focus from the world around us to a calming activity. Spending time doing something we enjoy can make us feel happier and more   
relaxed, have fun, boost relationships with others, and even help develop a skill. Similar to exercise, doing things we enjoy can   
reduce stress and release endorphins in our body.

**Ways to Wellbeing**

**Connect and**

**Talk**

**Power of**

**Nature**

**Help others**

**Be**

**Creative**

**Relax and**

**Enjoy**

Socialising and relationships with others are key to good wellbeing for both adults and children. Speaking to others helps us to feel close to them and valued. Even though we can’t be together how we normally would it is important to reach out and communicate. It is even more important to speak to others when we are struggling in order to talk about things that impact our wellbeing and to seek support.

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical   
wellbeing.  Being around nature can help to reduce stress, help you feel calm and relaxed, improve physical health and help to improve wellbeing. If it is difficult to get outside and be around nature you can buy house plants and flowers,   
bringing nature in to the home.

Doing something creative can help boost our self-esteem and our relationships. It can also help us feel less stressed, learn something new, and express ourselves. Learning new skills can help us to feel a sense of achievement and pride.

It is also nice to help others but acts of kindness can also help to improve our wellbeing. It can make us feel happier, give us a sense of achievement, increase our self-worth, and boost our relationships.

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