



STEPS TO WELLBEING

HOW TO LOOK AFTER YOURSELF/SELFCARE.

World Mental Health Day

- ▶ **World Mental Health day – October 10th 2020**
- ▶ Every year World mental health day has a focus on how it is important to look after our mental health/wellbeing.
- ▶ The following 5 steps are the most effective ways of self care when taking care of our mental health/ wellbeing;
- ▶ **CONNECT / KEEP ACTIVE/ LEARN NEW SKILLS/ TAKE NOTICE/GIVE TO OTHERS**
- ▶ **TRY TO INCORPORATE THE STEPS INTO YOUR EVERYDAY LIFE.**
- ▶ **HAVE A GROUP DISCUSSION.**



CONNECT WITH PEOPLE

- ▶ **GOOD RELATIONSHIPS ARE IMPORTANT TO WELLBEING;**
- ▶ **THEY HELP:**
Build a sense of belonging/self-worth
- ▶ Share your positive experiences
- ▶ Provide emotional support and allow you to support others.



SO MAKE SURE YOU MEET WITH OTHERS, TALK ON THE PHONE, MEET AT THE PARK, JOIN IN ACTIVITIES /CLUBS

Be Physically Active

- ▶ **Being active has a positive impact on your wellbeing by:**
- ▶ Raising your self-esteem
- ▶ Helping you set goals or challenges
- ▶ Causes chemical changes in your brain which can help to positively change your mood
- ▶ **So try one of the following:**
- ▶ Walking, Swimming, Dancing, bike-riding, football, rugby, netball, dog walking, running etc.



Learn new skills

- ▶ **When we learn new skills it helps to improve our wellbeing by;**
- ▶ Boosting our self-esteem
- ▶ Gives you a sense of purpose
- ▶ Helps connect with others
- ▶ **So learn something new :**
- ▶ Learn to play a new sport
- ▶ Learn a new hobby - cook, knit, fixing you bike, be creative-draw, sketch
- ▶ Learn to play a musical instrument



Take Notice

- ▶ Take notice of your feelings and thoughts- write them down if it helps
- ▶ Take notice of your surroundings - nature - the change of the seasons
- ▶ Be in the moment - focus on the here and now – try and relax and forget about past events and try not to worry about future events.



WHERE TO GO FOR HELP

- ▶ If you feel you need support with your Wellbeing the following are here to help.
 - ▶ School counsellor/school nurse
 - ▶ Mrs Hart/Mrs Shilcock
 - ▶ Strong Young Minds- online and face to face support
 - ▶ Young Minds- www.youngminds.org
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- ▶ If you are in Years 7-10 and are interested in raising awareness about Mental Health/Wellbeing within Fairfield school then please speak to your form tutor.

Give to others

- ▶ By giving our time and being able to listen to others and help where we can has a positive impact on our wellbeing.
- ▶ **So try to :**
- ▶ Be kind
- ▶ Be a good friend
- ▶ Listen to others
- ▶ Raise money for a charity
- ▶ Volunteer to help your local community

