

# Ways to well-being

## 5 Ways to Well-being

1. Eat well 
2. Create a sleep routine 
3. Be active 
4. Do something you like 
5. Spend time with family and friends 

Your guide to activities, advice and agencies that can help you maintain and improve your emotional well-being.

## Get active

### Give Yoga a go!

Spend 10- 15 minutes stretching your body, following an online yoga video. There are lots of good ones out there.

If you enjoy it, build it into your weekly or daily routine.



yogawithadriene on YouTube is a good place to start.

## Mindful moment: Give Yourself a Hug

Believe it or not, your neurons can't tell the difference between someone else hugging you and when you hug yourself. This means that just stopping for a moment to give yourself a hug is the perfect way to tell your brain that everything will be okay. Your brain will even produce hormones like oxytocin that make you feel better!



## Why don't you?

### Try an hour without tech

Technology is great for entertaining us and keeping us in touch with family and friends, but spending time without technology can help us slow down, calm our thoughts and live in the moment. Instead of flicking through Instagram or TikTok, pick up a book and read, play a board game with your family or arrange to meet up with a friend and have a face to face chat.



## Advice and support

You can contact the following local organisations for advice and support.

**No limits** - <https://nolimitshelp.org.uk/>

**Breakout Youth** - <https://www.breakoutyouth.org.uk/>

**Reminds** - <https://www.reminds.org.uk/>

**Youngminds** - <https://youngminds.org.uk/>

**Autism Hampshire** - <https://www.autismhampshire.org.uk/>

MHST — referral through school for support with anxiety, phobias and low mood. Contact Sarah Webb on 02380 771381 to discuss.

In the event of a mental health emergency please go to the nearest A&E.

## Think positive

"I learned that courage was not the absence of fear, but the triumph over it."

- Nelson Mandela