

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

Can you keep up?

Get out a football and see how many keepy uppies you can do. Keep the ball in the air for as long as you can by only using your feet. This will not only get you up and active, but will require mindful concentration.



If you want a real challenge you can add in a skipping rope and aim to beat the Guinness World Record for keeping a football in the air with the feet whilst skipping! The record number in one minute is 188 and was achieved by Sadatoshi Watanabe (Japan) in 2016.

Mindful moment: Grounding

If you need to feel calmer, try this grounding exercise and concentrate on:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 thing you can taste



Why don't you? Pass the positivity!

Commit to a day when you only post positive messages online.



Be aware of what you are posting.

THINK

- Is it True?
- Is it Helpful?
- Is it Inspiring?
- Is it Necessary?
- Is it Kind?

Sending positive messages will help you think more positively and this will reinforce positive neural pathways (the connections between your brain cells) helping you stay positive in the future.

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 have insecurities of course. But I don't hang out with anyone who points them out to me."

- Adele

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