

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.

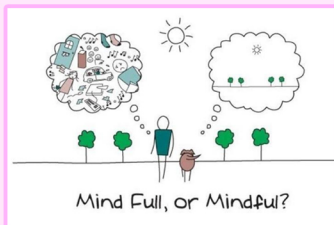
Get active

Put on your favourite song and **DANCE!**

Dance for the whole song and try to dance hard enough to get slightly out of breath. Then sit down, relax and let go of any negative emotions.



Mindful moment: The name game



Stop and take a moment. Then try to name 3 things you can hear, 2 things you can see and 1 thing you can feel. This will help ground your thoughts by focussing on your environment and body.

You can use this technique whenever you feel worried or uncomfortable.

Why don't you? Eat well

Let's start by making sure you are following the 5 ways to well-being.

PB&J Apples

Ingredients

- 2 apples
- 1/4 c. peanut butter
- 1/4 c. jelly



Directions

1 - Slice apples into thin slices. Use a small cookie cutter to cut the core from the centre of each slice.

2 - Spread peanut butter on jelly on half of the slices then cover with the remaining halves.

3 - Serve immediately.

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

"You can, you should, and if you're brave enough to start, you will."

- Stephen King (author)

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