

WELL-BEING NEWSLETTER

WHAT IS WELLBEING?

WELLBEING IS THE EXPERIENCE OF HEALTH, HAPPINESS, AND PROSPERITY. IT INCLUDES HAVING GOOD MENTAL HEALTH, LIFE SATISFACTION, A SENSE OF PURPOSE AND ABILITY TO MANAGE STRESS. MORE GENERALLY, WELL-BEING IS JUST FEELING WELL.

FIVE WAYS TO WELLBEING RESEARCH SHOWS THERE ARE FIVE SIMPLE THINGS YOU CAN DO AS PART OF YOUR DAILY LIFE, TO BUILD RESILIENCE, BOOST YOUR WELLBEING AND LOWER YOUR RISK OF DEVELOPING MENTAL HEALTH PROBLEMS. THESE SIMPLE ACTIONS ARE KNOWN INTERNATIONALLY AS THE FIVE WAYS TO WELLBEING.



THE FIVE WAYS

• CONNECT

FRIENDSHIPS AND FEELING CLOSE AND VALUED BY OTHERS, INCLUDING AT SCHOOL, IS CRITICAL TO BOOSTING WELLBEING.

• KEEP LEARNING

BEING CURIOUS AND LEARN ABOUT FUN THINGS THAT YOU ENJOY DOING.

• BE ACTIVE

BEING PHYSICALLY ACTIVE IMPROVES PHYSICAL HEALTH AND CAN IMPROVE MOOD AND WELLBEING AND DECREASE STRESS, DEPRESSION, AND ANXIETY, EVEN IN CHILDREN!

• GIVE

CARRYING OUT ACTS OF KINDNESS, WHETHER SMALL OR LARGE, CAN INCREASE HAPPINESS AND A GENERAL SENSE OF WELLBEING.

• TAKE NOTICE

PAYING MORE ATTENTION TO THE PRESENT MOMENT, TO THOUGHTS AND FEELINGS AND TO THE WORLD AROUND, BOOSTS OUR WELLBEING. WE OFTEN CALL THIS MINDFULNESS.

DO YOU KNOW THAT IF YOU WRITE THINGS DOWN YOU ARE MORE LIKELY TO DO THEM?

THINK ABOUT SOMETHING YOU CAN DO EACH DAY TO HELP:

- YOU FEEL HAPPY
- YOU FEEL GOOD ABOUT YOURSELF
- YOUR WELLBEING
- YOU RELAX