What is good mental health?

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Staying on top of our mental wellbeing is good for us now but also helps us manage difficult times in the future. Over time, it can also reduce our risk of physical health problems.

There are lots of things we can do to look after our mental health and wellbeing every day – make a start with the **5 Ways to Wellbeing.**

CONNECT – TALK & LISTEN, BE THERE, FEEL CONNECTED

Give – Your time, your words, your presence

TAKE NOTICE – REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING – EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

BE ACTIVE – DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

❖ **CONNECT** – talk to, listen to & spend time with people you love and who make you feel loved, listen to music, spend time with pets or in the garden…

❖ **GIVE** – giving time to others, raising money for charity, helping people…

❖ **TAKE NOTICE** – remember the little things that give you pleasure, connect with nature, practise mindfulness, cook, read, sing, draw, laugh…

❖ **KEEP LEARNING** – try something new, learn a new skill or hobby, have fun…

❖ **BE ACTIVE** – exercise, do something active that you enjoy, eat well, stay hydrated, sleep well, rest.

THE WENSLEYDALE SCHOOL & SIXTH FORM LEYBURN

WELLBEING IN MIND TEAM