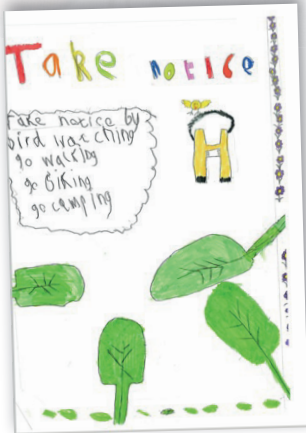


Five ways to wellbeing



Take Notice: Be aware of the world around you and what you are feeling.

Be curious. Catch sight of the beautiful, remark on the unusual to reflect and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food. Take notice of other people's responses and behaviour; by adopting another of the five ways to wellbeing 'give' you could identify someone else who is struggling.



Keep Learning: Learning is not just for school. Study something new or try something different. Set yourself a goal.

Learn something new. Research something you're interested in. Learn a new word or a random fact. Take up a new hobby. Learning can involve any manner of subjects, not just what you have to do in school. Many exciting learning opportunities exist locally that cover a wide range of topics (some include other aspects of the Five Ways to Wellbeing, such as Be Active, Give or Connect).



Produced with the help of Powys learners and images selected by the Powys Junior Startwell Board. For further details please contact the Powys CAMHS School In Reach Team on powyscamhs.schoolin-reach@wales.nhs.uk



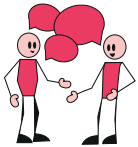
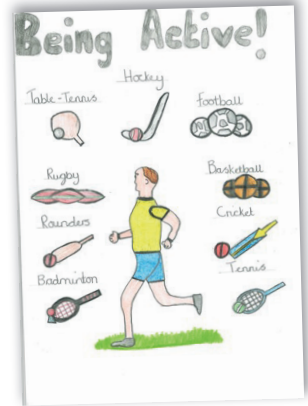
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Be Active: Exercising makes you feel good, look for an activity you enjoy.

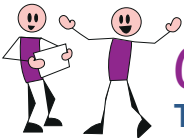
Physical activity helps boost your mood. Go for a walk or a run. Cycle, dance or play a game. Walk to school instead of getting the bus. Go to the park. Try a new activity. Evidence suggests that physical exercise changes your brain chemistry and releases happy hormones which in turn can make you feel more positive. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.



Connect: Connect with people around you, family, friends and neighbours.



These connections can be at home, school or in your local community; in today's society they may also be virtual, but face to face contact is important. Think of these as the cornerstones of your life and invest some time in developing them. Building these connections will support and enrich you every day.



Give: Do something nice for a friend. Thank someone. Smile.

Volunteer your time. Raise money for charity. Be a good role model. Take action to improve your neighbourhood. Any acts of kindness, whether small or large can make you feel happier and more satisfied about life. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

