

L.O: To understand how to support my wellbeing.

S.C: I can list the areas I can control and the areas I can't control.

I can think of ways to connect with other people for support.

I can think of ways I can show self-kindness.

Well-being: How you're feeling right now, and how well you can cope with daily life. Our **wellbeing** can change from moment to moment, day to day, or month to month. Sometimes it changes because of things that happen to us and sometimes it changes for no reason at all.



Comfort zone: a situation that you are familiar with therefore you feel safe and comfortable.



Self-care: taking action to protect and improve your well-being and happiness.

TAKE CARE



Positive thoughts: Having an attitude in which you expect good and favourable things to happen.

Complement: Saying something kind to another person that shows praise and admiration.



Self criticism: thinking badly/negatively about yourself.



Support network: people in your life that help you achieve your personal and be happy.



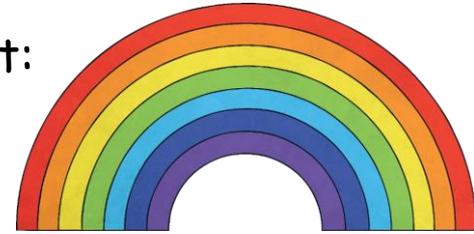
What Is Wellbeing?

Wellbeing is explained as feeling...

comfortable, **healthy**, or **happy**.

When you try to look after your own wellbeing, you think about:

- how comfortable you are (both physically and mentally);
- how healthy you are (both physically and mentally); and
- how happy you are.



If life changes, you may feel a lack of control, which can then make you feel unsettled. This can affect your wellbeing and how you feel. Changes can take you out of your **comfort zone** and make you see life a bit differently; all of which can be unsettling.

Areas of Control

Lots of people spend time worrying about things that they actually have no control over.

As they have no control, they can't do anything to make it better so it can become a big area of worry. This can affect their wellbeing.

Have you ever felt like this?

It is important to break down your thoughts and worries into things you **can actually control** and areas where you have **no control**.

It also lets you think about the areas that **you need to let go of**, as you have no control over them.

This can help you to realise what you should spend your time focusing on and putting energy into.



Activity 1

With an adult sort the words below into things that can be controlled and things that cannot be controlled.

my self-care

what I eat

who I play with

getting older

what I do

my thoughts

traffic

my opinions

what other people think

what I say

what other people do

my actions

how other people feel

what I wear

the weather

what other people say

my words

**Things I Can
Control**

**Things I Can't
Control**

The Future

Whenever you are going through changes or a difficult situation, it can feel hard to see beyond the day or the situation you are living in.

While it can be sensible to think of life in this way, it can also be helpful to think about the future in a positive way as well.

Think about:

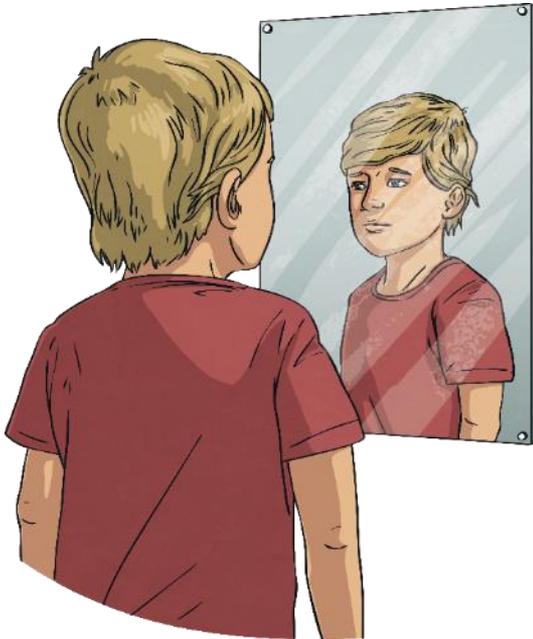
- How will life be different?
- What will you do more of?
- What will you do less of?
- What will you worry about less?
- How will you spend your time?



These thoughts can help you to see the positive that can come from even the most difficult situations.

Be Kind

When change is happening in the world around you, or when things feel a bit more difficult, it is important to remember **to be kind in your thoughts, words and actions**. This includes being kind to **others** but also being **kind to yourself**.



When deciding how to react and respond to other people, it is important to understand **why they are behaving in a certain way**, as well as their **emotions** or **situation**. This can help you to understand behaviour and words but also how to **forgive and be kind, if necessary**.

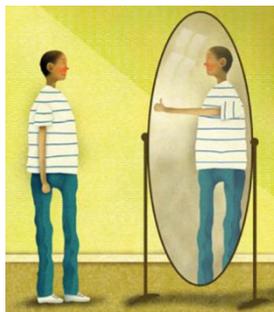
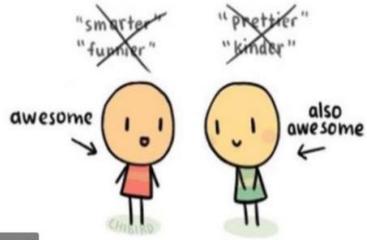


How could you show yourself some kindness?

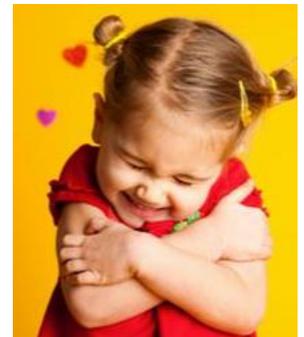
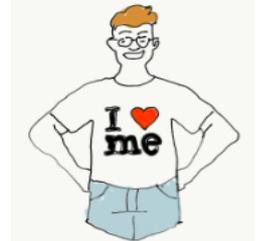
It is also important to have the same patience and understanding with yourself.

Ways to show self kindness

Being kind to yourself helps you look after yourself and show **self-care**. This improves your **wellbeing**. A lot of the time we are too hard on ourselves and think very negatively about ourselves. Here are some ways to show self kindness:

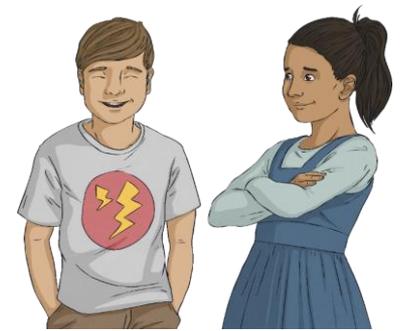


- Write down **positive thoughts** to yourself and say these out loud to yourself.
- Ask others to write a positive note about you and pop these in a jar to read to yourself.
- If anyone says anything negative about you or to you, try and think of a positive about yourself to balance that view.
- Surround yourself with people who motivate and inspire you.
- Stop comparing yourself to others and putting too much pressure on yourself.
- When someone says a **compliment** to you, make sure you say 'Thank you' rather than responding with a **self-criticism** or by ignoring it. It is important to accept a complement.



Connect with Others

An important part of wellbeing is being **connected with other people**. This is called a **support network**. You will be part of other people's support networks, where you will support their wellbeing, and other people will be in your support network.



This might include **family, friends, teachers at school and members of the community**.



This might be face-to-face, or if this is not possible, it could be through **letters, messaging, telephone calls or video calls**.

If you are having difficulties with your wellbeing, it is really important to reach out and connect with someone in your **support network** and share your problems.



What other ways can you support yourself if you are having difficulties with your wellbeing?

Other ways to improve your wellbeing

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress. .

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills





Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.

Breathing exercise. Practice breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.



Find a creative activity. Finding a way to express yourself through forms of art such as acting, playing an instrument, painting, sketching, writing short stories or writing poems is great for relaxing.

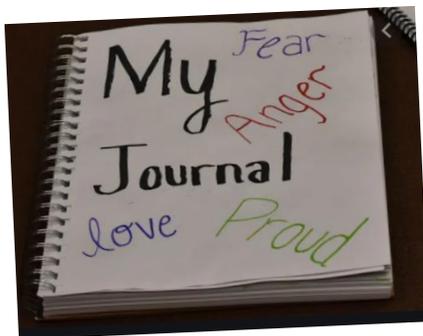


Limit phone time. Social Media can be a very negative environment and can give you **negative feelings** about the world and yourself. It's important to remember social media does not always show how things look in real life.



Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms



Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.

Activity 2

Make a checklist about how to improve your well being. Stick it on your wall so you can look at it everyday to remind yourself. How many of them can you do a day? Below is an example, this is my checklist that I have started to make and still need to finish. What will you include in yours?

My Well Being Checklist

Tick when done

- Be polite and use my manners when talking to others
- Do something nice for someone else because that can also make me feel good about myself!
- Write down 3 things I like about myself and say them
- Go for a walk in the park to look at the nature around me