

# The 5 Ways to Wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

Tenacity Empathy Aspiration Motivation



Connect with the people around you.

With family, friends, and neighbours.

At home, school or in your local community.

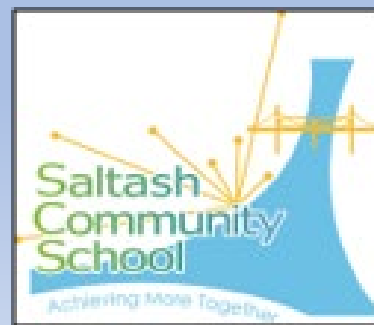
Building connections will support you every day.



Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

Tenacity Empathy Aspiration Motivation





Think of 3 things you can do to connect with your family

- use the hands up facility to let your tutor know you are willing to share some ideas

Think of 3 things you can do to connect with your friends

- use the hands up facility to let your tutor know you are willing to share some ideas

Think of 3 things you can do to connect with the local community

- use the hands up facility to let your tutor know you are willing to share some ideas

Tenacity Empathy Aspiration Motivation





- With family – share your day and ask about theirs
- Smile / speak to someone
- Ask a friend about their weekend and pay attention and listen when they tell you
- Talk to someone in person or on the phone instead of messaging or social media
- Make contact with someone you used to hang out with
- Don't use your phone for a day (or at least for a few hours!)
- Take your headphones off when in a shop
- Don't use the self-checkout in a shop and talk to the shop assistant
- Write a letter or send a postcard to someone
- Smile at a person on the street and say hello
- Message a friend. It doesn't matter what it says, people appreciate it when you think of them