

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

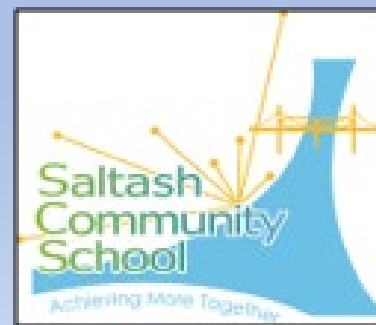
Tenacity Empathy Aspiration Motivation



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





In breakout rooms:

- Turn on your camera and mic
- Share something that you did over half term
- Share something that you are missing during lockdown
- Listen to each other.
- Enjoy talking to other people from your tutor group
- Arrange to 'connect' with each other again this week

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