

What is  
wellbeing?

How can I look  
after my own  
wellbeing?



# What Is Wellbeing?

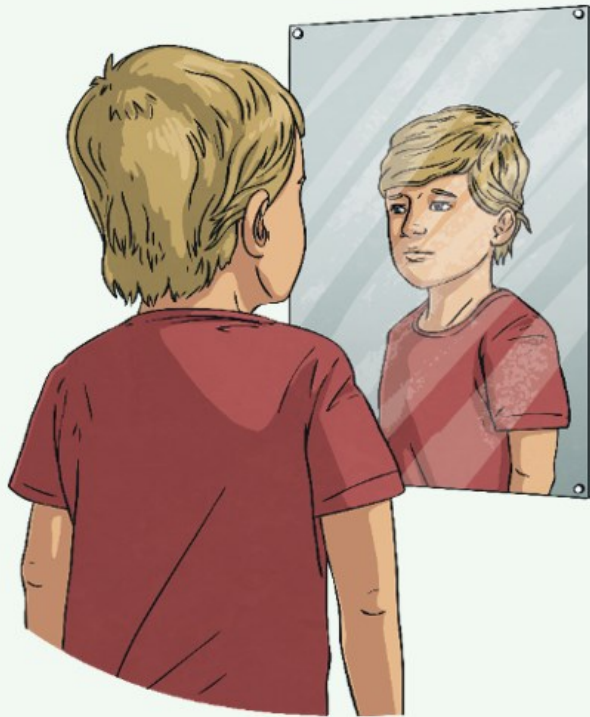
When you try to look after your own wellbeing, you think about:

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



# 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 what you think, say and do.



This includes being kind to others but also being **kind to yourself**.



# Be Kind

We often take the time to show gratitude to others but it is important, as part of self-care, that we show ourselves thanks and gratitude.

Remember to speak to yourself and about yourself in a way that you would with someone else you care about.

Often, people speak unkindly about themselves, in a way they would never speak about someone else.

It is important to know the effect we have on ourselves and our wellbeing when we do this.



# Be Kind

The following checklist contains different ideas and suggestions of ways you can show yourself some self-gratitude.

Surround yourself with people who motivate and inspire you. This is both in person, in the news and online.

If anyone says anything negative about you, or to you, try and think of a positive about yourself to balance that view.

Ask others to write a positive note about you and pop these in a jar to read to yourself

Massage your hands or have a bath. Do something which relaxes you and allows you to rest.

Plan a day for doing no homework at all and fill it with relaxing or fun games instead.

When someone pays you a compliment, make sure you say 'Thank you' rather than responding with a self-criticism or by ignoring it. It is important to accept a compliment.

Spend some time outside and enjoy the world around you.

# 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.



# Connect with Others

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

This might be through face-to-face interactions or, if this is not possible or you'd prefer it a different way, it could be through letters, messaging, telephone calls, video calls or playing games together on the Internet (always check with your parents or carers first if you want to go online).





# Connect with Others

Connections are a really important part of your wellbeing and for these to be strong, you need to put time and energy into creating and keeping these. It isn't always easy but it is important for you to have others that look out for your wellbeing and support it.





