

# Top tips for looking after your wellbeing

Looking after your wellbeing will help you to build your resilience and take on life's challenges. The five ways to wellbeing can help you do this.

## Connect

This can be with friends or family members. You can try:

- making time for your friends or family members to build your relationships;
- asking someone how they are and making sure you listen to them.

## Be active

This can be gentle exercise. You can try:

- going for a walk with family;
- doing a yoga or workout session online.

## Take notice

Be more aware of your surroundings. You can try:

- looking at the sights while you go for a walk;
- noticing the changing seasons.

## Keep learning

This doesn't have to be in school or lessons. You can try:

- a new hobby, such as cooking;
- reading about something that interests you.

## Give

This doesn't have to be money. You can try:

- cleaning, tidying, helping siblings or cooking.

# Appreciating people

## Giving appreciation

- You could write a text or an email to someone (friend or family member). It could be a poem, a compliment about their personality or qualities, or saying thank you for something they have done.
- You can also think about what you like about someone and compliment them.
- Write down what you have done, or ideas for things to do in the future, in the box below.

What I did:

## Reflection:

How did doing this make me feel?

How can I use what I have learnt to help me be more resilient?

