

Ways to look after your wellbeing

All of these things can help you to look after yourself to make sure that you are happy and healthy.

Exercise

Being active can help reduce stress and will let you have some fun. Try out a new sport like football or dance or get outside and go on a bike ride. Find an activity you enjoy doing and try to do it once or twice a week.



Hobbies

Find a hobby you enjoy and do it as much as you can. Hobbies can be a great way to make friends, boost your confidence and teach you a fun new skill. Hobbies can include: baking, dancing, football, drawing, making music etc



Speak up

If you are struggling it is important to let someone know. Tell a trusted adult, family member or friend. You are not alone and people are around to help.



Food and Sleep

Eating well and getting enough sleep will help your body feel good so that your mind can also feel good. Make sure you're getting in your fruits and veg and are getting enough sleep.



Relax

Take some time to yourself, Read a book, sit and draw for an hour on your own, watch your favourite film. Find some time alone to de-stress.



I am kind
Kindness

When you are struggling it is important to remember to be kind to yourself. You will be ok. Remind yourself of how great you are and don't be too hard on yourself.