

TOP TIPS to Wellbeing

Mrs Davies.

What is Wellbeing?

Wellbeing is simply being; comfortable, happy and healthy (both physically and mentally).

In order to look after our Wellbeing, there are five areas of our lives we can focus on. These are;



Have a look at my TOP TIPS.



Good relationships are important for our wellbeing. There is strong evidence to prove that **feeling close** to, and **valued** by, other people is a **fundamental human need**.

This is even more important at the minute.

- ▶ Make an effort to contact a friend or family member. Simply talking to someone we love can release oxytocin (our **happy hormone**).
- ▶ Send a text message. Some times it can be hard to find the words face to face or over the phone. Writing a text message can be an easier way to start a conversation.
- ▶ Go out of your way to ask someone how their day is or pass on a compliment. It will make you **feel good** and it could make a big difference to someone else.



~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's raining~~
~~It's too late~~
Let's go

It can be easy to find excuses, especially at the minute. Being active doesn't have to be intense to make a difference. Physical activity is associated with **lower rates of depression and anxiety** across all age groups.

- ▶ Take the stairs instead of the lift. Subtle changes to our daily, physical activity can make a difference. You will feel good when you have consciously made an effort to change.
- ▶ Go for a walk. Being outdoors can also boost our immune system. Count your steps. Challenge your daily or weekly amount.
- ▶ Look online for home workouts. 7 minute workouts are really good and can be accessed by the whole family.



Research has shown that those who commit an act of kindness, once a week, over a six week period, report a higher sense of happiness and those Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Giving does not need to be an expensive gift.

- ▶ Clear out any unwanted clothes, shoes or jewellery and give them to charity.
- ▶ Offer to do a job for someone else. Offering our time can release the same feel good factor as a gift.
- ▶ Make a personal gift for someone to show you were thinking of them.



Continuing to set new goals for ourselves can encourage a sense of wellbeing. Learning a new skill, researching or engaging in education can also enhance self-esteem.

- ▶ Ask more questions. Find things out. Be inquisitive.
- ▶ Complete a puzzle. Sudoku, crossword or a jigsaw puzzle.
- ▶ Take up a new hobby. Try something new. Every time you learn a new skill, you change your brain. (TRY YOGA!)
- ▶ Follow a new recipe.
- ▶ Watch a documentary or a true story film.



Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to make positive choices based on your own values and motivations.

- ▶ Plant a seed and take notice of it growing. You will have a sense of being in the moment watering it and watching it grow.
- ▶ Have a clear out day. Sort your wardrobe, a set of drawers or a cupboard. Tidy space, tidy mind.
- ▶ Take 10 minutes to be on your own with no agenda. Listen to your surroundings. Count 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can touch and 1 thing you can smell.
- ▶ Notice how you are feeling. Notice how each part of your body feels. Start at your head. Is it heavy? Are your shoulders relaxed? Tense them and then relax them.

For more ideas and family activities...

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<https://www.partnershipforchildren.org.uk/uploads/images/What%20we%20do/Relaxation%20Activities.pdf>

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