



Wellbeing Hints & Tips



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

Daily activities to do at home to support your wellbeing

1. Start your day with 2 mindful deep breaths rather than reaching for your phone
2. Tidy your room – sort out your wardrobe, have a clear out
3. Learn a new skill – knitting, baking, yoga, cooking
4. Start a blog
5. Get arty – mindful colouring, draw, make something
6. Exercise – HIIT workout, yoga, Pilates
7. Read a book or magazine
8. Do a crossword or word search
9. Listen to an audio book or a pod cast
10. Play a board game
11. Go for a walk or walk the dog
12. Start a diary

Useful websites

<https://www.healthforteens.co.uk/> - generic advice and guidance around wellbeing and mental health

<https://www.kooth.com/> - free online counselling service

<https://www.themix.org.uk/> - guidance & advice as well as contacts and a crisis service

<https://youngminds.org.uk/> - advice and parental publications free to download

<https://www.mentalhealth.org.uk/> - free publications

Useful Apps

1. CALM App – sleep stories, music – free 7 day trial
2. FIIT App – free workout app – HIIT, yoga, strength & conditioning
3. Audible – audio books (does come at a cost)
4. SAM – self-help for anxiety
5. BBC Sounds – listen to the radio & podcasts
6. Happify – science based activities to improve mood
7. Headspace – free daily meditation and mindful practice
8. Sleep sounds – relaxing melodies to help you fall asleep
9. Silvercloud – a range of activities to support anger management, anxiety and daily routine (free)
10. Happier – personal mindfulness coach (free)

#WellBeing



You can use social media too...

@Thebodycoach – fitness & healthy eating

@happyplaceofficial – Fearne Cotton giving wellbeing hints & tips

@Davinamccall – fitness routines & exercise ideas

@TPS_wellbeing – hints & tips on wellbeing from The Priory school wellbeing team

@madeline_shaw – healthy eating & wellbeing

@phasehitchin – Phase tips on daily wellbeing

If you find yourself in a **crisis** and need **emergency support** you can use the following contacts:

Children's emergency service at Lister – 01438 284333

Crisis text line – Text SHOUT to 85258

Samaritans – 116 123 (24 hour service)

999 or 111