
What is wellbeing and why is it important?

Wellbeing can be defined as ‘feeling good and living well’. Whilst this can be very difficult during a lockdown, we can still all take positive steps to look after our minds and bodies.

How can we look after our wellbeing even in a lockdown?



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| Connect | Even when we can't go out, we can still speak to our family and friends on line, on the phone or even by writing a letter |
| Be active | Find a way to move every day. Take part in a Zoom fitness class, go for a short walk or just stretch. Move your body and move your mood. |
| Take notice | Take some time to recognise the good things that you have. What are you grateful for? |
| Keep learning | Take responsibility for your online learning; there are so many great resources available to you. Speak to your teachers if you need help |
| Give | Your time and energy, and be present. How can you help at home to make a difference? |

To look after our wellbeing we need to make sure that we:

- Eat well
 - Sleep well
 - Have some screen-free time
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What if I feel overwhelmed?

There are so many places that you can go for help and support with your wellbeing and mental health.

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|  | <p>Speak to your teachers; don't suffer in silence. #bpafamily</p> |
|  | <p>youngminds.org.uk There is a whole section about coronavirus and caring for our mental health. Coronavirus and mental health (youngminds.org.uk)</p> |
|  | <p>giveusashout.org Text 85258 to receive immediate support, or go online to access support, information and resources to support mental health.</p> |
|  | <p>nhs.uk/oneyou/every-mind-matters - Go to this website to get a 'mind plan'. Answer five quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.</p> |
|  | <p>education.stem4.org.uk Visit Head Ed to complete some independent learning about how to understanding different aspects of our mental and emotional health.</p> |
