



Top Tips

How to engage in everyday activities to promote well-being and make us feel good





Well-being is about feeling good and doing well in your day to day life.

The biggest difference we can make is to give young people the awareness and skills to look after and think about their own well-being.

Each of the 5 Ways are actions we can all take to improve our well-being and make a positive difference about how we feel.



The benefits of the 5 Ways to Well-Being:

Connecting improves sense of belonging and self-worth

Being Active improves mood, increases energy and self-confidence

Noticing helps to calm the mind and understand ourselves better

Learning new skills can give a sense of achievement and boost confidence

Giving acts of kindness can increase sense of purpose and life satisfaction

MY WELL-BEING

PLEDGE CARD

Use this card to make your pledge, and to remind yourself of what you can do to make you feel good

PLEDGE CARD

I WILL...

Connect: -----

Be Active: -----

Take Notice: -----

Keep Learning: -----

Give Back: -----

Links for school resources

Here you can find templates and activities to use with groups and individuals on a variety of topics:

- www.youngminds.org.uk/resources
- www.mentallyhealthyschools.org.uk/teaching-resources
- Refer to the SMBC: Healthy Mind, Happy Me curriculum



Signposting for children and young people

- **Confidentially contact a School Nurse by texting ChatHealth on 07480 635486**
- **Visit www.Kooth.com for free online support**
- **Drop into one of Sandwell Beam sessions**
- **Visit www.healthforteens.co.uk for trusted health and well-being advice**
- **Find out what's on www.discover sandwell.co.uk**

How to start the conversation

Talking to young people about their thoughts and feelings, what they want to achieve, and what's going on in their lives, is a really important thing to do.

Starting a conversation and showing you're willing to listen, will give the young person an opportunity to talk, whenever they are ready.



How to start the conversation:

- Ask open questions, encourage them to talk and give them the time to talk
- Open with statements like: you don't seem yourself today, are you ok, do you want to talk about it, is there anything I can do to help?
- Ask about hobbies and interests, and link to positive feelings
- Ask what support network they feel they have access to



**Connecting improves sense of
belonging and self-worth**

Connect



TOP TIPS:

- **Spend time with your friends and family**
- **Make new friends**
- **Use different ways to communicate**
- **Join a club, hobby or interest group**

Be Active



**Being active improves mood, increases
energy and self-confidence**

Be Active



TOP TIPS:

- **Go for a walk or a run**
- **Cycle, dance or just play**
- **Go to the park**
- **Try a new activity**



**Noticing helps to calm the mind and
understand ourselves better**

Take Notice



TOP TIPS:

- **Take some deep breaths and notice what you are thinking**
- **Think about your strengths and reflect on the positives**
- **Take time to be still and become aware of your surroundings**
- **Try some mindfulness activities**



Learning new skills can give a sense of achievement and boost confidence

Keep Learning



TOP TIPS:

- **Set yourself a goal**
- **Learn something new**
- **Read for fun**
- **Research something you're interested in**



Giving: acts of kindness can increase sense of purpose and life satisfaction

Give Back



TOP TIPS:

- **Do something nice for a friend**
- **Volunteer your time**
- **Give someone a smile**
- **Be a good role model**
- **Take part in a social action project**