

# Five Ways To Wellbeing

**Evidence suggests there are five steps we can all take to improve our mental wellbeing.**

Encourage pupils to try these steps, they may feel happier, more positive and able to get the most from life.

**What are the five ways to wellbeing and how can they help children?**

## 1. Connect - social contact

Encourage children to develop good relationships and connect with the people around them such as: family members, friends, neighbours, classmates, teachers and school staff.

## 2. Be Active

Physical activity and regular exercise have positive impacts on children's moods and emotions. Encourage children to find an activity they enjoy, playing football, swimming, running, playing in the park after school, etc. and to make it a regular part of their weekly routine.



## 3. Keep Learning - Active Minds

Learning a new skill can give children a sense of achievement as well as experiencing positive emotions.

Encourage them to consider activities such as learning to play a musical instrument, solving puzzles, joining after school activity clubs, etc.

## 4. Self-care and relaxation - be mindful

Talk to the children about appreciating the present moment, their thoughts, body and the world around them. It's important for children to have good sleep routines, as well as taking time to relax by doing something they enjoy such as reading a book or watching a film.

## 5. Give to others - be kind

Getting involved in social and community life can help children to gain a sense of fulfilment. Children that are encouraged to enjoy greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

**If the child is giving you cause for concern, speak to your ROAR/MHFA member of staff for further advice.**

Further information can be found at [www.liverpoolcamhs.com/need-advice](http://www.liverpoolcamhs.com/need-advice)