

## 5 Steps to Well-being

At Mount Pleasant Primary School, we are always here to help, listen and offer support. Our door is always open, come and talk to us.

Five steps to wellbeing:

### 1. CONNECT

Good relationships are important for your mental wellbeing. They can:

- Help you build a sense of belonging and self-worth
- Give you opportunity to share positive experiences
- Provide emotional support and allow you to support others.

### 2. BE ACTIVE

Being active is not only great for your physical health and fitness. Evidence also shows it can improve your mental wellbeing by:

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood.

Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

### 3. LEARN NEW SKILLS

Research shows that learning new skills can improve your mental wellbeing by:

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

Try something new, rediscover an old interest, sign up for that course.

### 4. GIVE TO OTHERS

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

## **5. PAY ATTENTION TO THE PRESENT (MINDFULNESS)**

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness 'mindfulness'. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.