

# Five Ways to Wellbeing

In school we have spent a lot of time talking about the 5 ways to wellbeing and how they can have a positive impact on our mental health and wellbeing!



# What is mental health and wellbeing?

## Mental health and wellbeing for children means that we are able to;

feel happy and positive about ourselves

enjoy life

learn well

have healthy and happy relationships with  
family and friends

manage sad, worrying or angry feelings

bounce back from tough times



# What is mental health and wellbeing?

It is perfectly normal for all of us to experience different emotions from day to day.



worried



angry



happy



excited



sad



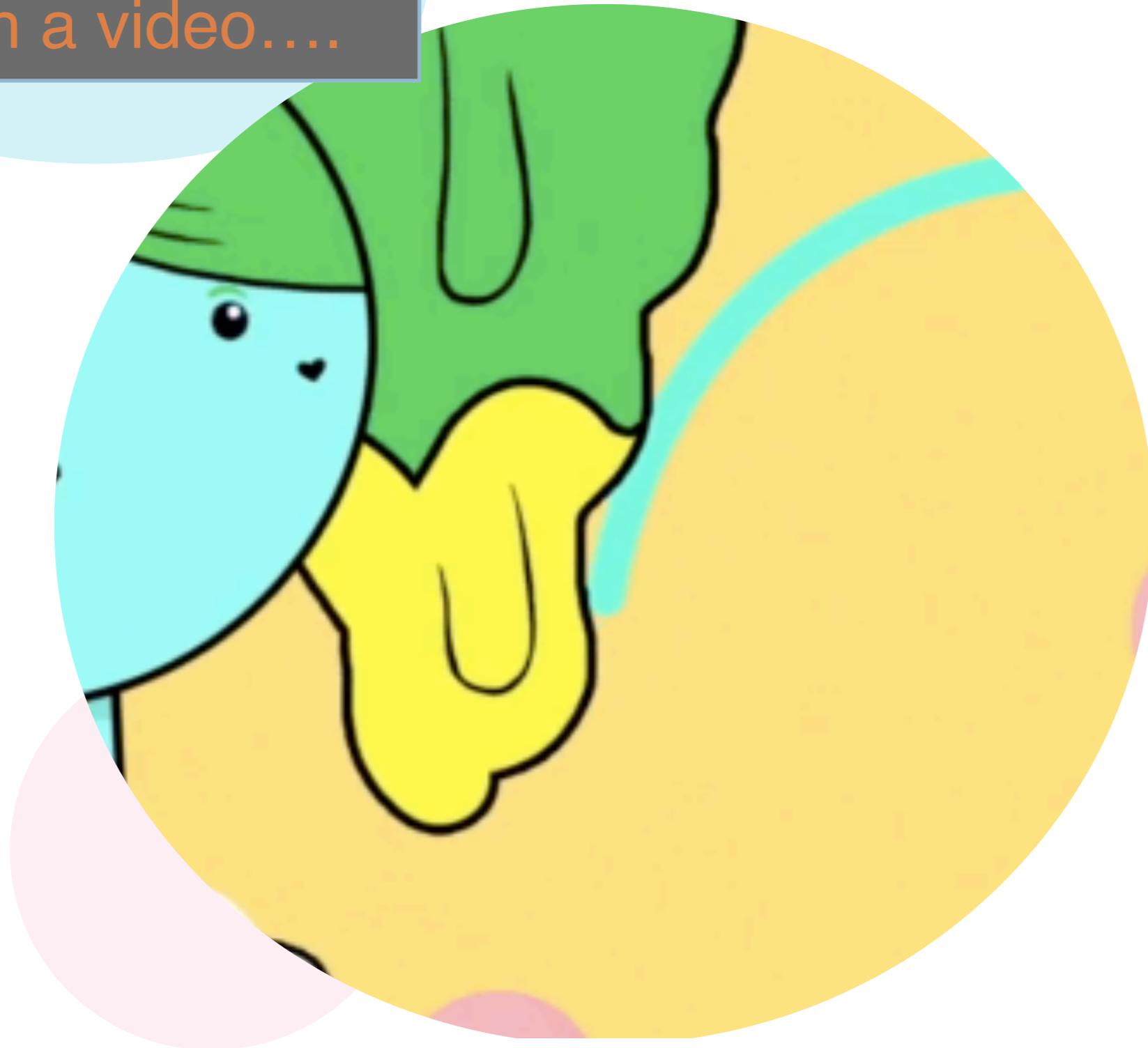
fed up

Sometimes we can even experience a whole load of different emotions in one day!!



# What is mental health and wellbeing?

Click on this link to  
watch a video....

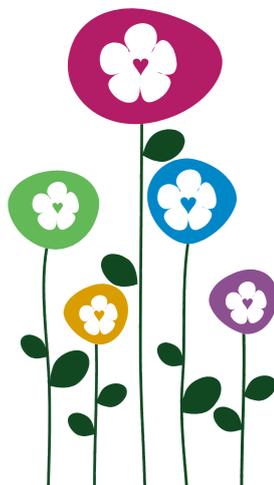
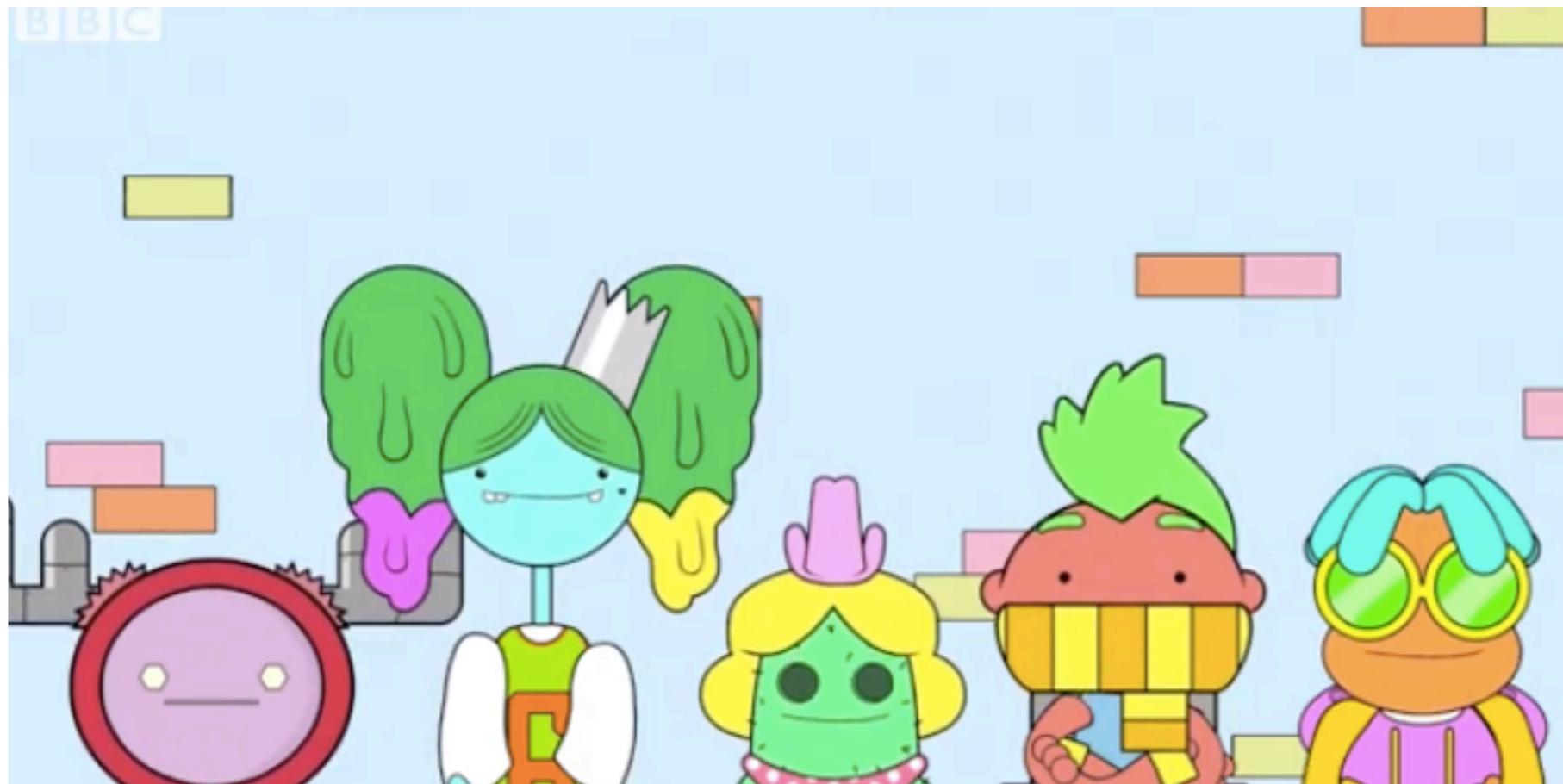


# What is mental health and wellbeing?

Some people worry that the emotions they feel aren't 'normal'.

But they are and we all go through them all in our lives.

Having a positive mental health and wellbeing means finding ways to deal with all of the different emotions we have



# What is mental health and wellbeing?

One of the ways that we can look after ours and each others mental health and wellbeing is by following the 'Five Ways To Wellbeing'.

## Why the Five ways to Wellbeing?

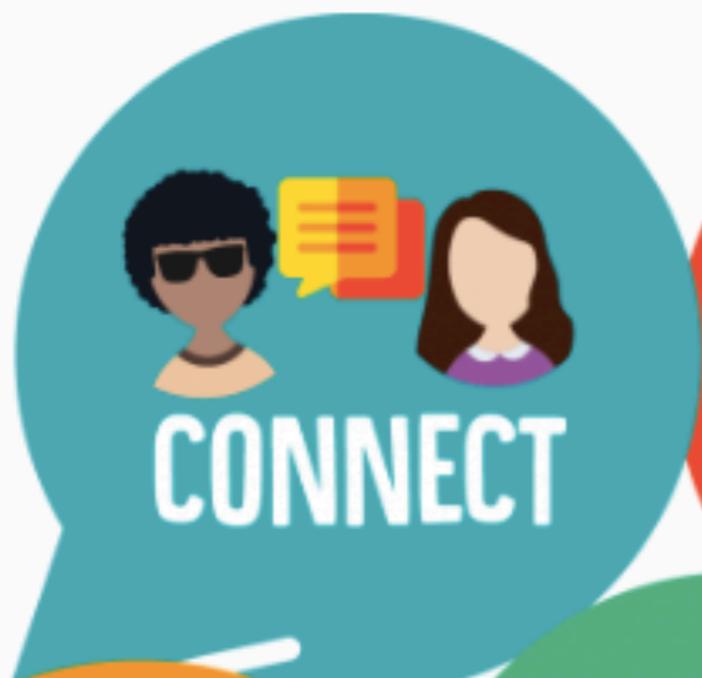
Like physical health, we can all benefit from looking after our mental health.

There has been a lot of research by many professionals who have identified these 5 simple things that we can do.

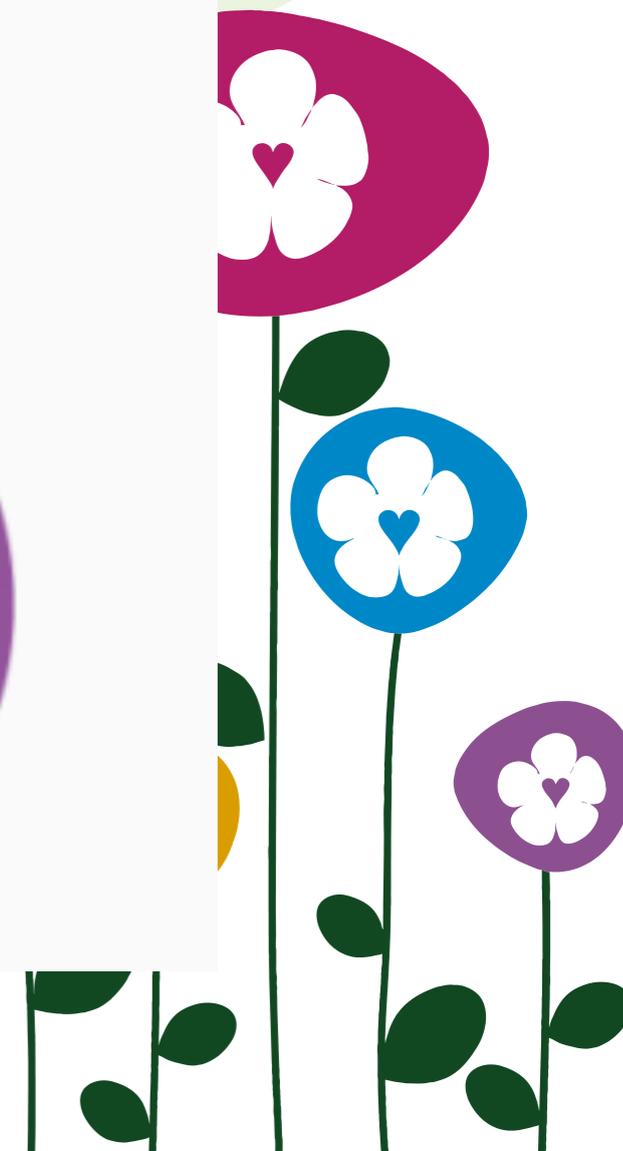
When practised regularly, they can build resilience (help us find our brave), boost wellbeing and help to protect us from developing mental health problems.

These 5 simple things can help everyone! Not just people who are struggling with mental health.

# The “Five Ways to Wellbeing are... Devon Partnership NHS Trust



Connect... Keep learning... Be active... Take notice... Give...



# The “Five Ways to Wellbeing are...

Click on the image below for a video...



Connect... Keep learning... Be active... Take notice... Give...

