

Wellbeing
& How to
Achieve It

What is Wellbeing?

Wellbeing is the state of being comfortable, healthy, or happy. It requires that basic needs are met, that individuals have a sense of purpose, and that they feel able to achieve important personal goals and participate in society.



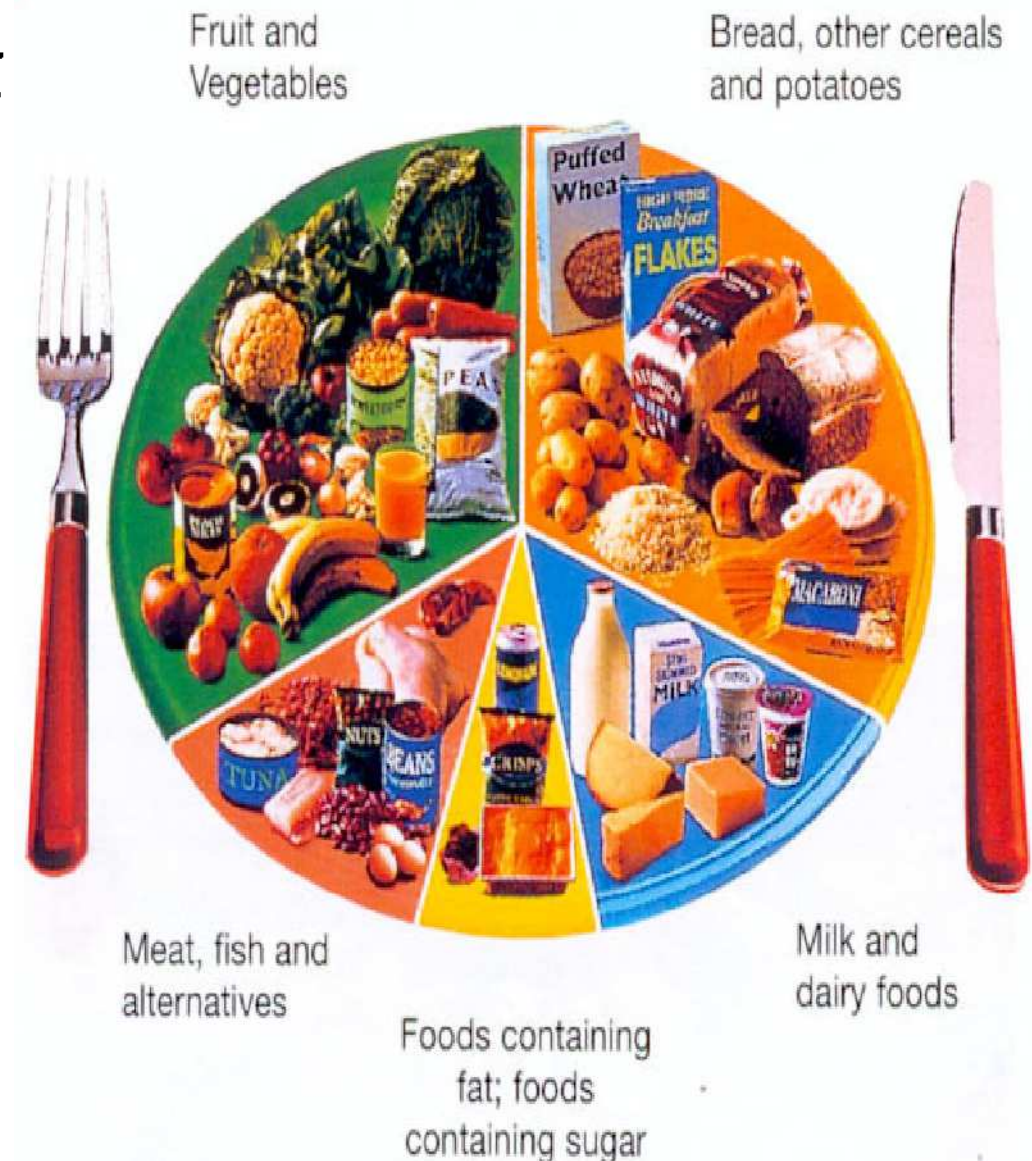
Achieving Personal Wellbeing

Achieving personal wellbeing means taking action to improve your physical, mental and emotional health, leaving you feeling good about yourself and ready to face life's challenges.



Eat Well

A healthy, balanced diet enables your brain and body to work efficiently. Making healthy choices about your diet also helps you feel well, lifts your self-esteem and boosts your energy levels.



Keep Fit

Try and boost your levels of daily activity. Exercise releases chemicals in your brain that lift your mood. Try and find a sport or hobby that suits you. It can be anything you enjoy, including walking, swimming, cycling, jogging, football or dancing.



Get Enough Sleep

You need about 8 or 9 hours sleep each night for your body and mind to rest fully. Turn off your phone, television, games console and other distracting gadgets early and get some sleep!



Mental Wellbeing - Connect

Connect with the people around you - family, friends and neighbours. Spend time developing relationships through sport, hobbies or just by talking and keeping in touch.



Mental Wellbeing - Learn

Learning new skills gives you a sense of achievement and increases your confidence.

You could learn a new hobby, try your hand at baking, painting, writing stories, playing a musical instrument or anything else that interests you.



Mental Wellbeing – Give

You can improve your own mental wellbeing by giving back, even a little bit, to others. A smile, a thank you or a kind word can lift the spirits of those around you, as well as lifting your own mood. Larger acts, such as volunteering can increase your confidence and help you meet new people.



Mental Wellbeing - Face Problems

When things are going wrong for you don't just ignore the problem and hope it will go away. It might not. Instead, try dealing with the problem, the quicker you deal with it, the easier it usually is to solve. And don't be afraid to ask for help or advice from someone you trust.



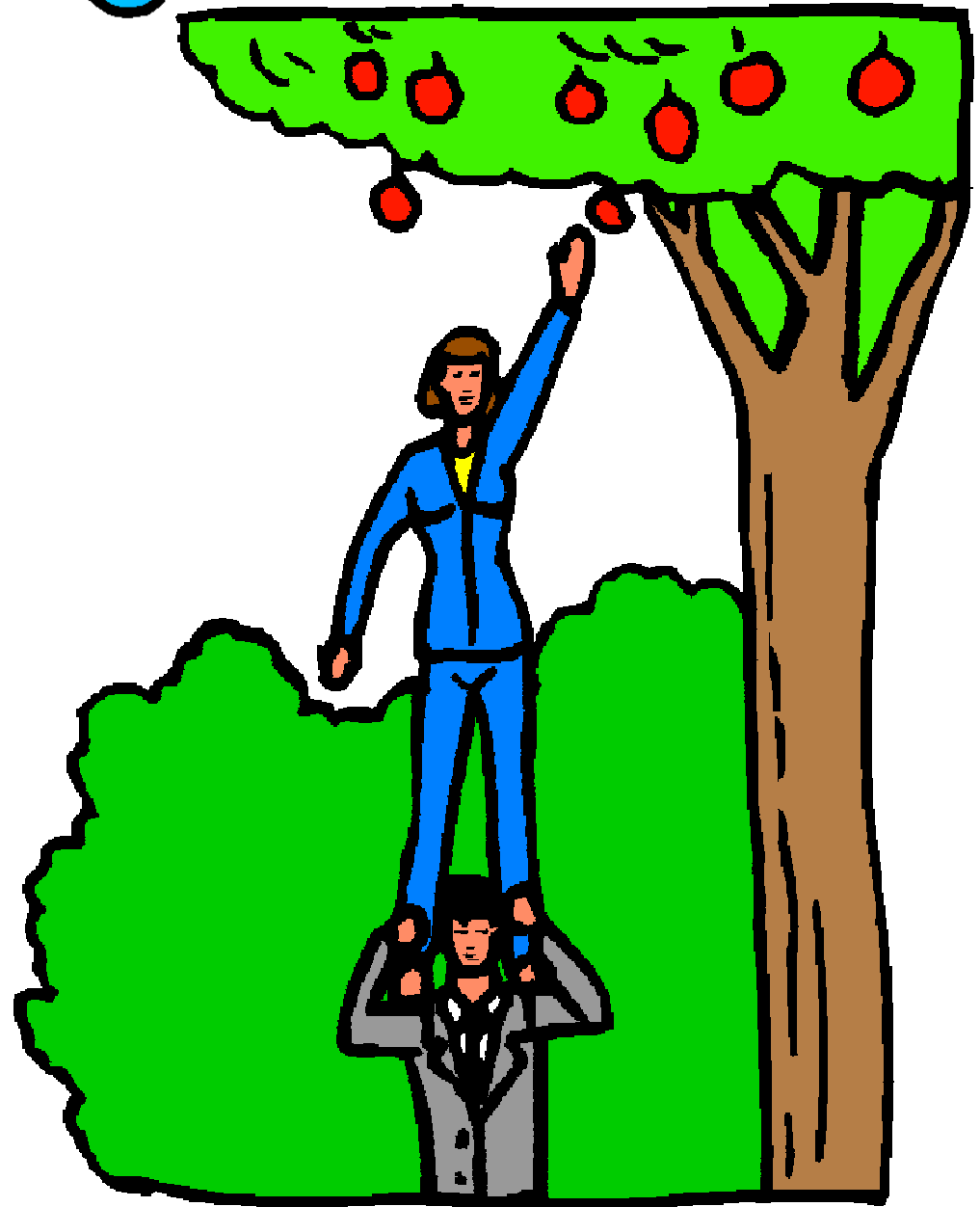
Mental Wellbeing - Assert Yourself

If you find it hard to stand up for yourself it can lead to anger building up inside, this causes tension and anxiety. Try to be confident about who you are and what you stand for. You are a valuable person and your opinions and ideas are worth being heard.



Mental Wellbeing - Set Goals

Think about ways to improve your life. What would you like to achieve in the next week, month, year? Set yourself small goals that lead to bigger achievements. Maybe try keeping a diary and note down the progress that you make.



What is Emotional Wellbeing?

Emotional wellbeing means having a relaxed body, an open mind and an open heart. It means having self-esteem and being calm and patient with yourself. It means being able to feel, rather than control, emotions and express them in a healthy way.



Emotional Wellbeing - Stress

Being in a stressed state of mind a lot of the time makes it easy for you to overreact or feel negative. If you have a lot of stress in your life look at ways to reduce it. Ask people to help you, take time out of your day to relax and try and get enough sleep.



Emotional Wellbeing - Enjoy Yourself

Doing things you enjoy is good for your emotional wellbeing. Watching sports with your friends, meeting up with friends for a chat, or doing something you are good at, such as cooking, singing or dancing, are good ways to enjoy yourself.



Emotional Wellbeing - Self-Esteem

Self-esteem is the way you feel about yourself. If your self-esteem is low it is important to learn how to improve it. Treat yourself as you would treat a valued friend, in a positive but honest way. Don't be too critical of yourself - tell yourself something positive instead.



Emotional Wellbeing - Talk and Share

Expressing feelings openly helps you recover from hurtful experiences. It is sometimes helpful to cry, shout or just talk things through with someone else who you can trust. Hiding your feelings causes stress, tension and anxiety.



Emotional Wellbeing - Spirituality

Spirituality is often found to be an important part of a person's wellbeing. It is seen as the meaning and purpose that people seek within their lives. Spirituality can give someone a sense of their own worth and value, and help them develop inner strength and peace.

