



Our Wellbeing

How we feel and how we cope with life



BY INCREMENTS CONQUER





THINKING:

Use the words from the word bank below to create a definition of what you think wellbeing is.

WHAT IS WELLBEING?

Comfortable

Healthy

Happy

Content

Positive

Motivated

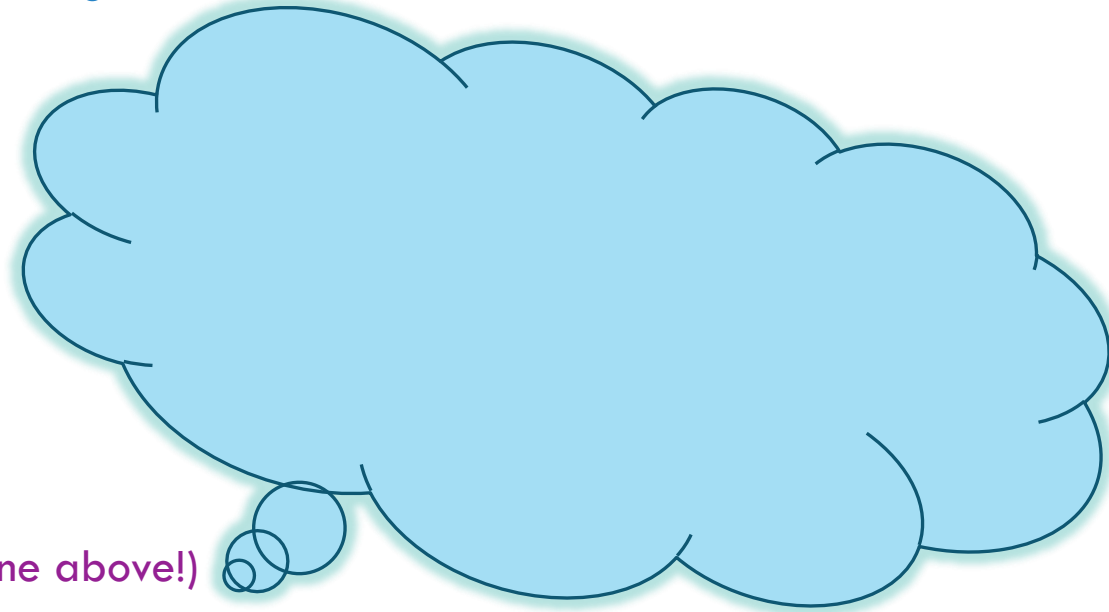
Energetic

Feeling Good

Dictionary definition:

Wellbeing is feeling good and functioning well.

Add your definition here (it may well be better than the one above!)





WHAT DOES WELLBEING AFFECT?





When things in life are going wrong, people:

- ⚡ feel low or stressed.
- ⚡ look at life in a negative way.
- ⚡ don't feel good about themselves.
- ⚡ might feel tired or anxious

CAN WE CHANGE OUR WELLBEING?



However, we can turn our feelings of negativity into positive thinking and improve our wellbeing especially at times when life presents us with challenges.

5 WAYS TO WELLBEING

THINK :

What do these 5 concepts mean to you?

When you have had time to think about this have a look at the following thinking, examples and activities...





2. BE ACTIVE

POSITIVELY PLAN TO BE CREATIVE, DYNAMIC AND ACTIVE

Do more stuff !!

How much time a day do you spend sitting down or in front of a screen (PC, tablet, smartphone)?

How could you reduce this?

Think about the benefits of taking up a new hobby or improving your skills in something you already enjoy doing (art, music, crafts, writing, baking, sport).



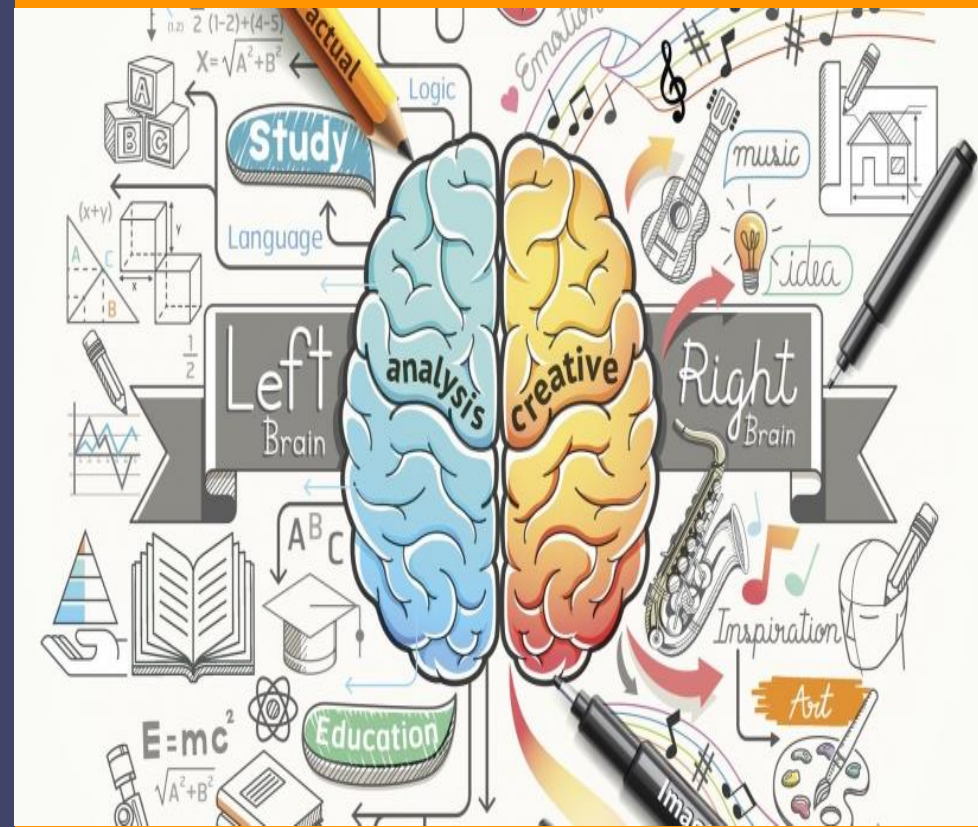
3. KEEP LEARNING

Our brains are amazing!

We are constantly learning new things and don't ever get close to maximising what our brain is capable of.

Think of those things that you could improve on or learn for the first time and explain how it could contribute to your well-being.

It's really important to remember that not everything we learn in life is part of an academic subject - life is a kaleidoscope of learning and the more variety we have the better person we can be





This isn't about money or materialistic things – this is about being thoughtful, empathetic, mindful and caring

What can we give to other people that would improve our well being and theirs?

Why not make a 'to do list' and aim to tick off something everyday



4. GIVE TO OTHERS

5. TAKE NOTICE



Stop

Stop what you're doing.



Take Notice

Take notice of your surroundings and the people you share this moment with.



Awareness

A greater awareness of your surroundings and your present state can sometimes be called mindfulness.



Mindful

Being more mindful can positively change the way you feel about life and impact on how you approach challenges.

Our Wellbeing

Look out for our weekly
Wellbeing @ Broadwater
Newsletter! on SMHW

1st edition published and Bumper Easter
Edition currently being created



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