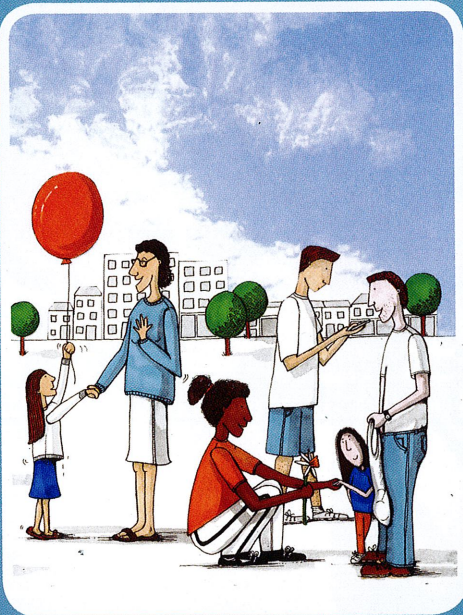


# 5 Ways to Wellbeing



**CONNECT**

**BE ACTIVE**

**KEEP LEARNING**

**TAKE NOTICE**

**BE CREATIVE**

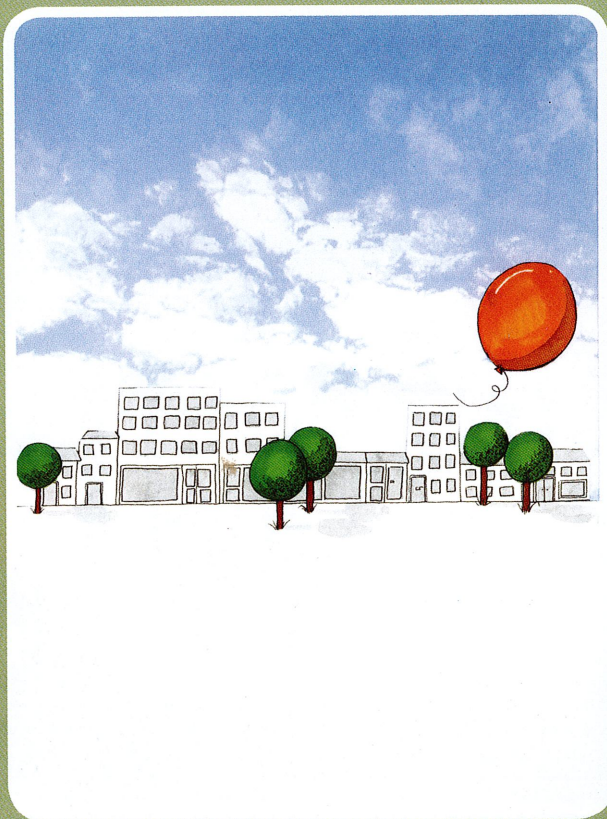
Small steps to look after your own  
and your child's emotional health

# 5 Ways to Wellbeing

We all have mental health, just as we all have physical health. Good mental health is about feeling positive about ourselves and our lives. It's also about being able to cope with problems when they happen.

One in four people will experience mental health difficulties, such as depression or anxiety, at some time in their lives. 50% of mental health disorders emerge before the age of 14 and 75% before the age of 25.

However, research tells us we can protect our own and our children's emotional health by including these 5 Ways to Wellbeing as part of our everyday lives.

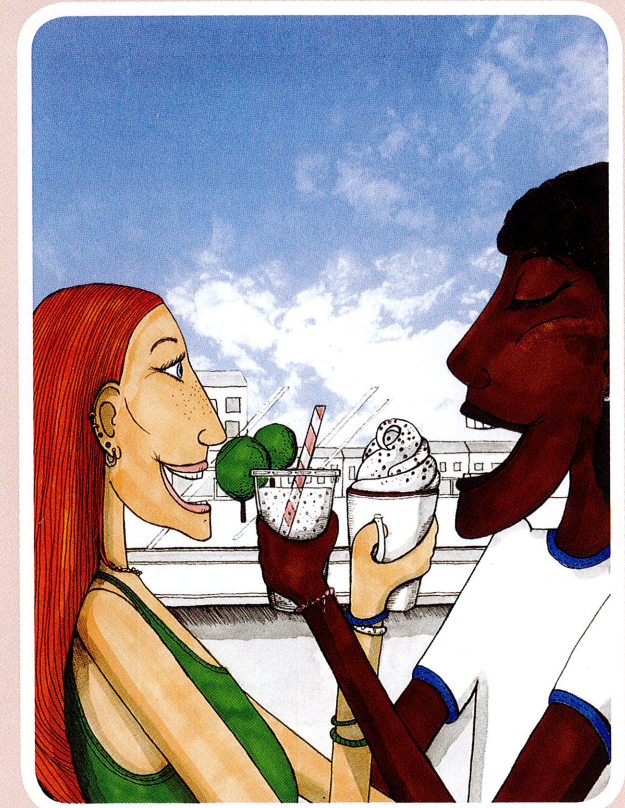


## CONNECT

# 5

### Being with others

- Special time together
- Sharing mealtimes
- Taking time to listen as well as talk
- Spending time with friends and having fun
- Noticing and appreciating each other



# BE ACTIVE

# 5

## Having regular exercise

- Walking, running
- Skipping, cycling, going to the gym
- Netball, football, rugby, hockey, rounders
- Dancing
- Swimming

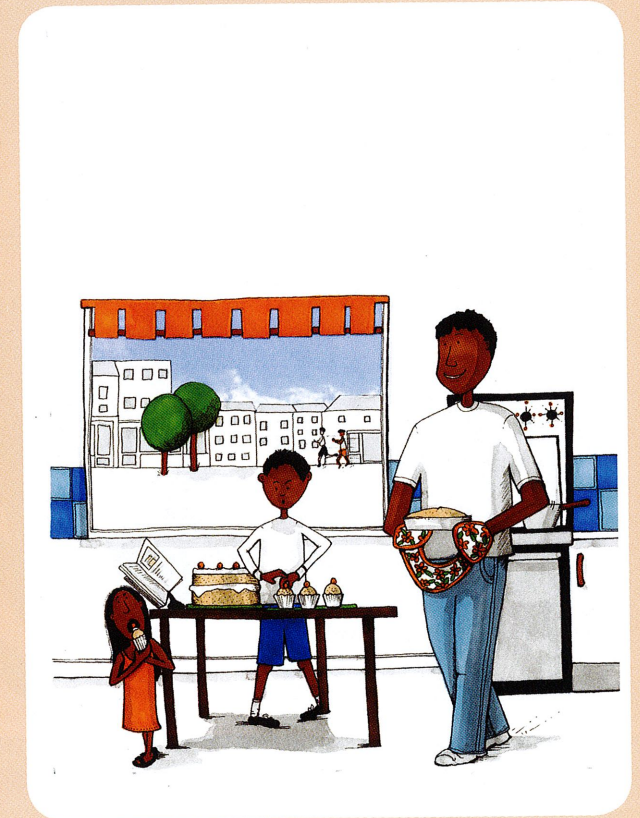


# KEEP LEARNING

# 5

## Informal learning as well as formal learning

- Model making, DIY
- Map reading, star gazing, camping
- Reading for fun, joining the library
- Doing puzzles, playing cards or games
- Cooking, sewing, gardening



# TAKE NOTICE

# 5

## Having space to observe and be curious

- Listening to music
- Mindfulness – focusing on the present rather than the past or future
- Noticing and naming feelings
- Keeping a diary or scrapbook of thoughts and ideas
- Nature walks



# BE CREATIVE

# 5

## Being imaginative

- Playing inside or out
- Reading or visiting museums
- Acting, storytelling
- Making things
- Writing, drawing



# Where to get help

If you're worried about your own or your child's emotional health, please speak to your GP. You're not alone. If you're a teenager and would like help to talk to your GP but don't know where to start, visit [www.docready.org](http://www.docready.org)

Your local library and all North Somerset secondary schools have a selection of fiction and non-fiction books on teenagers' mental health: <http://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>

Young Minds supports young people and parents/carers: [www.youngminds.org.uk](http://www.youngminds.org.uk)  
Parents' Helpline: 0808 802 5544

Childline provides online and email counselling for children and young people: [www.childline.org.uk](http://www.childline.org.uk) Tel. 0800 1111 at anytime.

Rethink has a section for young people on all types of mental health issues, including accessing support [www.rethink.org/living-with-mental-illness/young-people](http://www.rethink.org/living-with-mental-illness/young-people)

Produced by Future in Mind, the North Somerset mental health partnership, and supported by Health Education England.

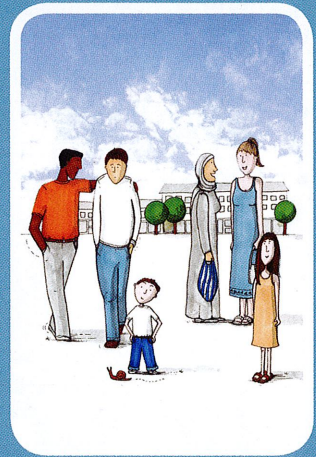
**CONNECT**

**BE ACTIVE**

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**TAKE NOTICE**

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