

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

CLANGERS (EXTENDED 5 WAYS TO WELLBEING)

CLANGERS expands the more familiar 5 Ways to Wellbeing by adding Healthy Eating and Sleep:

WHAT?

- Connect
- Learn
- Active
- Notice
- Give
- Eat well
- Relax / Sleep



(The extension of the 5 Ways to become CLANGERS is credited to Dr Phil Hammond)

While the 5 Ways address cognitive, emotional, and social aspects of well-being, healthy eating and adequate sleep are foundational for physical and mental health.

WHY?

From a neuroscience perspective, a balanced diet provides the necessary nutrients for brain function and neurotransmitter production (directly impacting mood and cognitive performance).

Quality sleep is essential for memory consolidation, emotional regulation, and overall brain restoration.

SEL?

Being aware of and regularly using the 5 ways to wellbeing / CLANGERS can support self-awareness, self-management and responsible decision making.

The 5 ways to wellbeing / CLANGERS are an accessible, family friendly (and effective) approach.

FIND OUT MORE

- [CLANGERS for All, Every Day \(Blogpost by Doctor Phil Hammond\)](#).
- [Cameley School does CLANGERS \(Video by the Boys in Mind charity\)](#).
- [CLANGERS on The Start Now Young People's website](#)

SEE ALSO

- 5 Ways to Wellbeing
- DOSE