

Take 5 - The Five Ways to Wellbeing

The 'Five Ways to Wellbeing' are a great addition to a **Wellbeing Toolkit**:



Get moving

Moving makes you feel good! Science tells us that physical exercise changes the chemicals in your brain and releases happy hormones! Even better if you get moving outdoors! The important thing is doing exercise and activity you ENJOY!

Take time for you

You're special. So it's important you take time for you and the people / things you love.

Each day, even when you're really busy with things like homework / revision, take time out do something you enjoy just for fun. Play can help recharge your batteries and make your study more effective!



Connect

Connect with the people around you. With family, friends, and neighbours. At home, school or in your local community. Building connections will support you every day.

Stop and take notice

Whether you are walking to school, eating lunch or talking to friends. Take a moment or two to be aware of the world around you and what you are feeling. Pausing to really take notice like this can be very relaxing and calming. Some people call this 'being Mindful' or 'Mindfulness'.



Give to others

Do something nice for a friend, help out home, thank someone, smile, volunteer your time, join a community group, look out, as well as in.

Any acts of kindness, whether small or large can make you feel happier and more satisfied about life.

Start Now.

Stop and take notice - 1 minute idea

Let's take a mindful minute...

Mindfulness means "being aware of what's happening right now and how you feel about it."

A mindful minute is a quick way to relax and calm yourself—perhaps before an exam, or any other stressful situation

Start Now: Sit quietly, close your eyes, and...

Breathe	Take deep breaths, and let them out slowly. Think about how the
Listen	Listen to the sounds around you. How many can you hear / name?
See	look at one item around you; and think about its shape, colour, texture, and how it is made.
Touch	Use your fingertips to feel an item or the area around you. Think about how it feels & words you could use to describe it.
Smile	Open your eyes, and enjoy the world around you.



Check out www.startnowcornwall.org.uk/ for more '1 minute, 5 Ways' ideas

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