Mental Health Awareness Month
Five Ways to Wellbeing

- Keep Learning
- Take Notice
- Give
- Be Active
- Connect
How you are feeling and how well you can cope with day-to-day life
1 Connect
What simple things you can do to make new friends and make your relationships with your family and friends better?
2 Be Active
What simple changes could you make to increase how much exercise you get each week?
Walk to school
Join a team
New hobby
3

Keep Learning
You do this everyday... but is there something new you’d like to learn outside of normal classes?
4

Give
What little things can you easily do each day to show kindness to others?

What about bigger things like volunteering?
Be kind
Help at home
Give your time
5 Take Notice
Take notice of the world around you and what you are feeling.
Eat

Walk

STOP!
Make at least one small change... try it for a week... encourage friends to do the same