

# LDST Five Ways to Wellbeing



## Connect

With people around you: your family, friends, colleagues and neighbours.



## Be active

You don't have to go to the gym. Take a walk, go cycling or play a team sport.



## Keep learning

Learning new skills can give you a sense of achievement and increased confidence.



## Give to others

Even the smallest act can count, whether it's a smile, a thank you or a kind word.



## Be mindful

Be more aware of the present moment, including your thoughts, your feelings and your body.



## Need support?

If you would like further support, please speak with your school's Mental Health Lead Mrs Paula Dwan or Mental Health First Aider Mr Phil Taylor.

‘I can do all things through Christ who strengthens me.

Philippians 4:13

