

# Mental Health and Wellbeing



It's okay not to feel okay. Many people may struggle with a mental health issue at some point in their life.

Finding help and support is not always easy. Opposite are a range of QR codes, which, when scanned, take you to specialist online support. Remember that you can also talk to any member of staff at school.

## 5 Steps to mental wellbeing [source: NHS]

### Connect with other people

This can:

- help you to build a sense of belonging and self-worth.
- give you an opportunity to share positive experiences.

### Learn new skills

This can:

- boost self-confidence and raise self-esteem.
- help you to build a sense of purpose.

### Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Mindfulness can help you enjoy life more and understand yourself better.

### Being physically active

This can help to:

- set goals or challenges and achieve them.
- cause chemical changes in your brain which can help to positively change your mood.

### Give to others

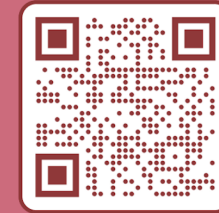
This can:

- create positive feelings and a sense of reward.
- give you a feeling of purpose and self-worth.

Need some help or advice? Visit these sites for support:



Mind



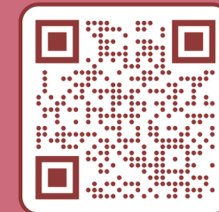
Childline



Rise Above



Kooth



Stonewall



Samaritans



ALLEESTREE  
WOODLANDS SCHOOL

Courage, Optimism, Regard, Endeavour