



## #DerbyshireFiveWays

**Looking after your mental health is just as important as looking after your physical health.**

The five ways to wellbeing are simple things that you can do every day which help boost your mood and keep your mind healthy.

### Five Ways to Wellbeing.



Spend time with people around you – at home, school or the local community.



Moving makes you feel good. Look for an activity you enjoy and give it a try.



Learning isn't just for school. Learn something new – try something different.



Help other people by being kind, giving a smile or a 'thank you'. Do something for others



Be aware of the world around you and what you are feeling.

If you feel worried or upset, don't keep it to yourself - speak to an adult you can trust. That could be a parent, teachers, school nurse or your GP.

Think about who you would talk to about your worries, you can always write their names here.

If you can't talk to someone face to face then you can contact Childline

[www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/) or phone them free on **0800 1111**



## Use this page to come up with ideas of how you can use the five ways to wellbeing every day.

That way you can check you are doing something positive every day.



Say hello. Spend time with friends and family. Make a new friend. Be A Mate. Listen to how someone is. Help a neighbour.

What are your ideas?



Football. Netball. Walk the dog. Cycle to school. Couch to 5k. Dance. Fencing. Get inspiration at Active Derbyshire at [www.activederbyshire.org.uk](http://www.activederbyshire.org.uk)

What are your ideas?



Try a new skill. Learn to cook something new. Go to a museum. Learn a new instrument. Research your family tree, Visit a new place.

What are your ideas?



Check in with a friend. Volunteer. Get involved with the school council. Support a charity. Smile. Help out at home. Get info on volunteering at [www.derbyshire.gov.uk/volunteerpassport](http://www.derbyshire.gov.uk/volunteerpassport)

What are your ideas?



Be still. Meditate. Look outside. Notice changes around you. Enjoy nature. Grow a vegetable, fruit or flower. Pay attention to your own feelings.

What are your ideas?

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