

# 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.

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

Philippians 4:13

