

5 WAYS TO WELLBEING



**CONNECT WITH
OTHERS**



TAKE NOTICE



BE ACTIVE



GIVE



KEEP LEARNING

**what do you do for your
own wellbeing?**

**The aim is to have a
balance across the five
areas**



**POSITIVE VIBES ONLY ISNT A THING:
HUMANS HAVE A WIDE RANGE OF
EMOTIONS AND THAT'S OK**





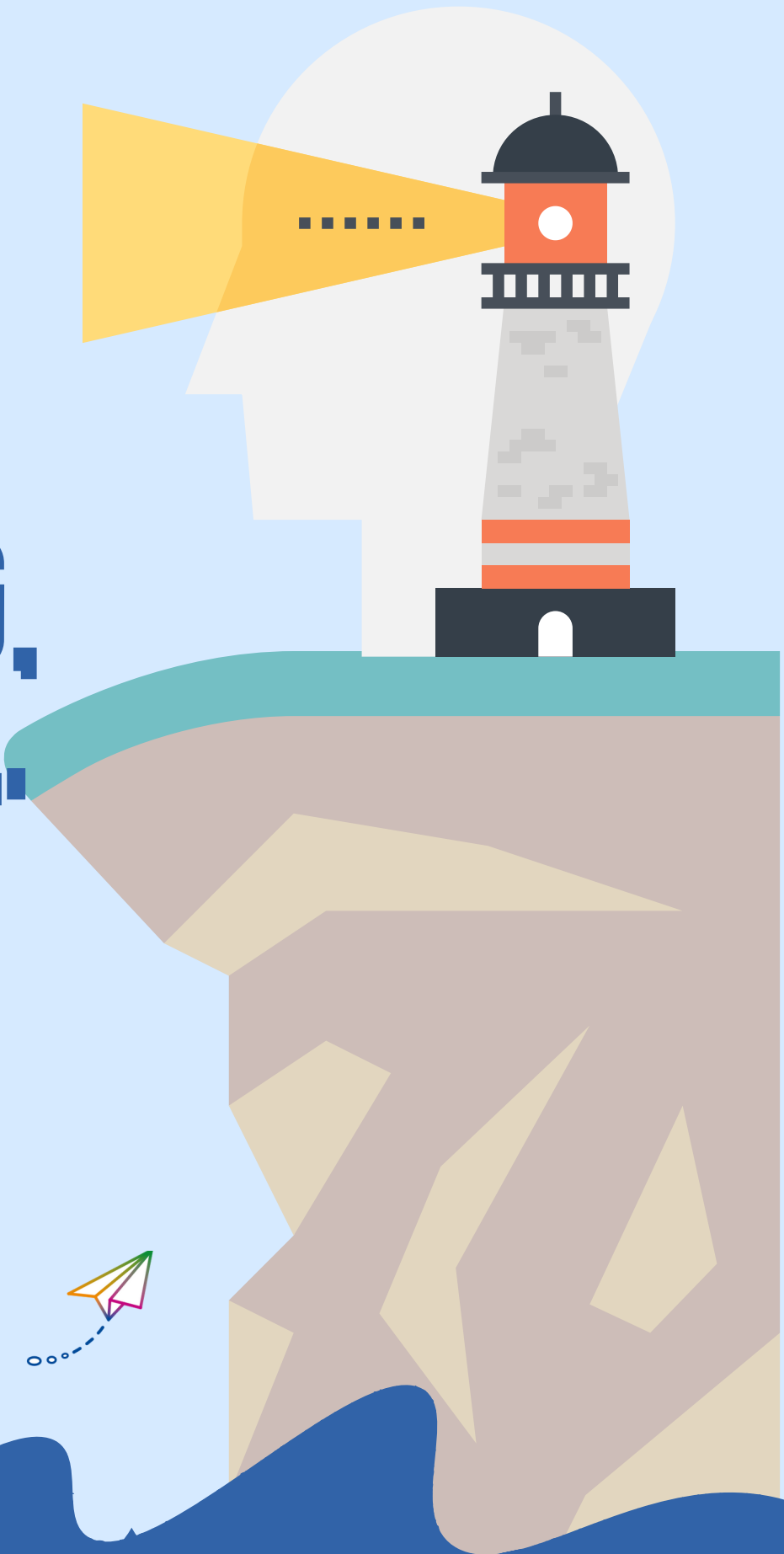
**PEOPLE WHO TALK ABOUT MENTAL
HEALTH ARE NOT "ATTENTION SEEKING"
THEY ARE "SUPPORT SEEKING"**





**"THERE'S A CRACK IN EVERYTHING,
THAT'S HOW THE LIGHT GETS IN"**

Leonard Cohen





I WILL LIVE A LIFE
THAT MAKES ME
HAPPY





I CAN NOTICE
SOMETHING
GOOD
ABOUT EACH DAY





**MY FEELINGS MATTER AND IT'S
IMPORTANT TO KEEP
MY OWN BOUNDARIES**



**I DESERVE TO BE LOVED
AND RESPECTED**



it's okay to feel



your feelings

ATTITUDE OF GRATITUDE

1. A **strength**  of mine for which I am grateful is...
2. Something **money**  can't buy  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. **A memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...



I am UNIQUE

I don't give up

It's okay to make mistakes

I always TRY my best

I am KIND

I am PROUD of who I am

I can achieve great things

I BELIEVE in myself

I am LOVED

My feelings matter

I CAN make a difference





SilverCloud is an online CBT platform that allows a young person to access material and tools to help them with a mental health issue they may be finding difficult coping with

They are supported each week with a review from their designated supporter. They will encourage and champion that young person to ensure they get the best out of the programme and tools available.



SCAN HERE TO GET SET UP