

# Be Wellbeing Aware

Strategies to help your wellbeing



## Look After Yourself

- Set **time limits** to help manage your workload.
- Put **time aside** to do the things you **love**.
- **Practise mindfulness** - spend time in the moment.



## Look After Your Body

- Aim to be moderately **physically active** for about **150 minutes** each week.
- Eat **regularly** and **healthily**.
- **Stay hydrated** - drink between 1 and 1.5 litres of water each day.



## Look After Others

- **Share your successes** with others. If something has worked well, let others benefit from it too.
- Acknowledge and **praise your colleagues' successes**. Let them know that they are doing a good job and shout it from the rooftops for others to know too.
- Give. Whether it is your time, thanks or a small gift, **giving to others can boost their wellbeing** and will **make you feel good too**.



## Talk and Listen

- **Talk to others** – know who you can talk to and share your thoughts and feelings.
- **Listen to others** – give them the opportunity to share if they need it.



## Know Who You Can Speak To

If you would like to find out more or would like to talk about your wellbeing, the following organisations can help:

### Education Support

Call: 08000 562 561

Text: 07909 341229

### Mind

Call: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

### CALM

Call: 0800 58 58 58

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

### NHS

Website: [www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)

### The Samaritans

Call: 116 123 (24 hours a day)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

My School Wellbeing Champion is: