

# The Five Ways to Wellbeing at Pownall Green

Evidence suggests there are five steps you can take to improve your mental health and wellbeing. At Pownall Green, we encourage our whole school community to try these things to help one another to feel more positive and able to get the most out of life.

## Connect:

Spend time with family and friends. Enjoy doing things together and talking to each other.

## Be active:

It keeps you physically healthy, and makes you feel good

## Keep learning:

Try something new. Try a new hobby, or learn about something just because it interests you.

## Take notice:

Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

## Give:

Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

