



Etone College

TOP TIPS FOR WELLBEING

CONNECT

Connecting with others can help us feel close to people, and valued for who we are. Being social means different things for different people. Some ways for you to make a connection:

Go to brew Monday, make a new friend, or have a tech free dinner at home and connect with family.

GET ACTIVE

Many people find that physical activity helps them maintain positive mental health. Studies have shown that getting active can help you sleep better, have happier moods and reduce stress and anxiety. Some ways to get active are: Ride your bike to school, join a sports club, or arrange to meet friends for a walk or kick about.

TAKE NOTICE

Reminding yourself to take notice can help you to be aware of how you are feeling. It can also help you to understand what triggers your anxiety or stress. Here are some ways to take notice: Have a tech free evening, declutter your bedroom, or do some mindfulness colouring.

KEEP LEARNING

We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem. And sometimes, setting goals can help you to feel more productive and more in control of your life. Some ways for you to learn something new are: learn a new language, try a new recipe, or read a book.

GIVE TO OTHERS

There's been a lot of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy. Some ways for you to give to others are: help someone, give a compliment, or hold the door for someone.

