



The Five Ways to Wellbeing can improve our mental health. If you can't do all five every day, just start with one.

### CONNECT

Spend time with people around you and develop your relationships.

### KEEP LEARNING

Learning new skills can give you a sense of achievement and confidence.

### TAKE NOTICE

Be more aware of the present moment.

### BE ACTIVE

Find an activity you enjoy and make it part of your life.

### GIVE TO OTHERS

Even the smallest act can boost your sense of fulfilment – not to mention others!

## FEELING WORRIED?

These techniques can be useful, helping distract you from worries and focus your mind:

### USE ALL YOUR SENSES

Try noticing:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

### TRY 'BOX BREATHING'

- Breathe in: for 4 seconds
- Hold: for 4 seconds
- Breathe out: for 4 seconds
- Hold: for 4 seconds

There are lots of different techniques – find one that works for you.

**We can all feel a bit anxious sometimes, and that's normal. But if it starts to feel unmanageable, it's important to ask for help or get support.**

[charliewaller.org](http://charliewaller.org)

We provide mental health training, resources and consultancy with a focus on children and young people.

The Charlie Waller Trust is a registered charity in England and Wales 1109984.

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