

# Wellbeing

Wellbeing does not necessarily mean feeling happy all of the time, but does mean that overall you feel content, safe and healthy.

## **If you have a good sense of wellbeing:**



- You care about yourself and look after yourself. You take care of your physical health, you eat well and sleep well.
  - You are able to enjoy yourself without feeling guilty.
  - You see yourself as a valuable person with a right to exist.
  - You judge yourself by reasonable and fair standards and don't set yourself impossible goals or expect yourself to be perfect.
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- You feel confident that you can cope should a crisis occur.

## **Here are some top tips for good physical and mental wellbeing.**

- Eat a balanced diet and drink sensibly: Improving your diet can protect against feelings of anxiety and depression.
- Maintain friendships: Just listening and talking to friends can make a huge difference.
- Maintain close relationships: Close relationships affect how we feel – so nurture them and if there is a problem within a relationship, try and resolve it.



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- Take exercise: The effects of exercise on mood are immediate, whether it is a workout in the gym or a simple walk or bike ride.
- Sleep has both physical and mental benefits. Physically it is the time when the body can renew its energy store but sleep also helps us to rebuild your mental energy.



- Laughter is important for wellbeing. Try having a joke with friends or watching a comedy.
- Cry if you need to. Even though it may feel terrible at the time, a good cry can release pent up feelings, and people often feel better afterwards.

- Ask for help when you need it: The longer you leave a problem, the worse it will get. Don't be scared to ask for help from a family member, friend or professional.
- Make time for you: Do you sometimes feel like you have no time for yourself? Make time for your hobbies and interests.