

# FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



Mental Health Foundation  
MINDS TO TREASURE  
MINDS TO CARE

Wellbeing Wednesday



## POSITIVE NEWS



- **Polar bears Arktos and Victoria have been caught together on camera as Valentine's Day approaches at the Royal Zoological Society of Scotland's Highland Wildlife Park.**
- **Staff at the wildlife conservation charity brought the pair together again following a European Endangered Species Breeding Programme recommendation and are encouraged by how well they are getting on so far.**
- **Hopes are high as the couple have already successfully bred once before in 2017, with Victoria giving birth to Hamish, the first polar bear cub born in the UK for 25 years.**



# Connect

**Each person you meet is a doorway into another world. Building solid and varied social connections in your life can increase your feelings of happiness and self-worth.**

## **Got 1 minute?**

**Every mate you have started out as 'someone you didn't know'. Strike up some chat with someone you've often wondered about saying 'hello!' to. They might be a total legend.**

**Message a friend. It doesn't matter what it says, people appreciate it when you think of them.**

## **Got an hour?**

**Kick back with a friend or family member who needs support or company.**

## **Got longer?**

**Take the time to get to know your family. Ask them about their past. They are the best link to your past and usually most likely to stick with you in the future.**

**Want to expand your social network? Meet people who share your interests! Having that one thing in common usually means they will be on your vibe.**

# While you have your phone out....

WHY NOT TRY TO WIN A PRIZE! JUST TAKE A PHOTO OF WHAT IS GETTING YOU THROUGH LOCKDOWN. GIVE YOUR PHOTO A TITLE AND EMAIL YOUR PHOTO AND TITLE TO [\*\*COUNSELLOR@HOLYCROSS.LANCS.SCH.UK\*\*](mailto:COUNSELLOR@HOLYCROSS.LANCS.SCH.UK) OR VIA SMH BY FEBRUARY 12<sup>TH</sup>.



Remember you have a school email address from where you can send an email.

\* PHOTOS RECEIVED MAY BE SHARED ON THE HOLY CROSS TWITTER FEED AND DISPLAYED IN SCHOOL.

## Useful Links for Support



[www.kooth.com](http://www.kooth.com)

Free anonymous counselling and emotional wellbeing service



<http://www.childline.org.uk>



Free 24/7 text service  
Text 85258.  
[www.giveusashout.org](http://www.giveusashout.org)



Butterfly and Phoenix Project  
<https://www.butterflyandphoenix.org/>



HOPELINE UK  
Call : 0800 068 4141  
Text : 0778 620 9697

# YOUNG Mi MINDS

<https://youngminds.org.uk/>

Young Minds are the UK's leading charity fighting for children and young people's mental health. Find great information on their website.

Remember you can always contact your teachers via Show My Homework.

You can email Morna, our Counsellor, if you need to talk to someone or for email support  
[counsellor@holycross.lancs.sch.uk](mailto:counsellor@holycross.lancs.sch.uk)