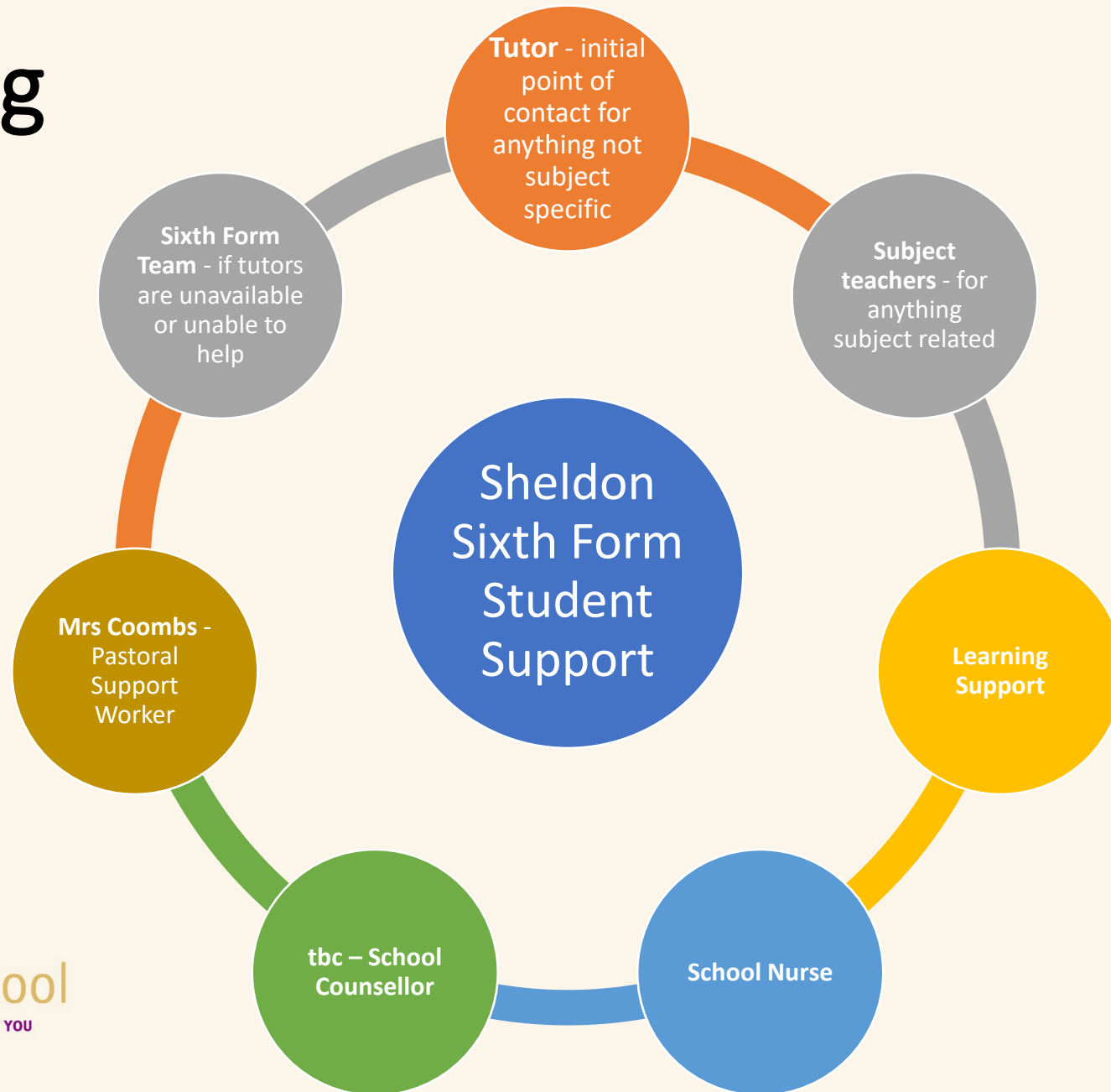


# Wellbeing



# Mental fitness / Self-care checklist – do/check these things first!



- Have I had enough sleep?
- Have I had some healthy food? (especially breakfast)
- Have I had plenty of water? (and not loads of energy drinks)
- Have I done some exercise / physical activity?
- Have I spent some time outdoors / in nature?
- Have I taken a break from my phone / social media?
- Plan to be on time
- Plan to attend every lesson
- Plan your 5hrs in...
- Try meditation
- Try tidying your room / study space
- Surround yourself with 'radiators' not 'drains'
- Connect with friends / family

Lifesum

## Daily habits that will change your life



1 hour exercise



2 liters of water



3 cups of tea



4 colours on the plate



5 minutes of meditation



6 songs that motivate you



7 minutes of laughter



8 hours of sleep



9 pages of a book



10 reasons to be thankful

Watch some of these:

<https://www.youtube.com/@PookyH>

Stress bucket video / activity:

<https://www.youngminds.org.uk/professional/resources/stress-bucket-activity/>

A registered charity

Whatever you're facing  
We're here to listen

Call free day or night on

**116 123**

Email

[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

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



### Who you can call this Mental Health Awareness Week



**0300 123 3393**  
Open 9am-6pm weekdays

**SAMARITANS**

**116 123**  
Always open



**0800 58 58 58**  
Open 5pm - midnight

If you're in Wales:



**0800 132 737**  
Always open

If you're under 25:



**0808 808 4994**  
Open 4pm - 11pm



Sheldon School

BE KIND | BE BRAVE | BE THE BEST YOU