


5 STEPS TO EMOTIONAL WELLBEING


Evidence suggests there are 5 steps you can take to improve your emotional health and wellbeing. Trying these things could help them feel more positive and able to get the most out of life. These work for everyone, not just children. Parents and family can try these too.

Connect Connecting with others can build a sense of belonging and self-worth. Strong relationships with family and friends allow us to share our feelings, provide an opportunity to share positive experiences, and can give us emotional support.




Continuing to learn new things is associated with greater satisfaction, optimism and improved self-esteem. This doesn't have to mean learning academically, this can be learning anything like a new skill or a language.

Learn




Give Small acts of kindness towards other people, or larger ones; such as volunteering in your local community, can give you a sense of purpose. It can make you feel happier, more satisfied with life and help you to connect with others.




Being active is not only great for your physical health and fitness, but great for your emotional wellbeing. Physical activity changes the chemicals in our brains, which has a positive effect on our mood. It also helps to improve our self-esteem, self-control and ability to rise to challenges.

Be Active



Take Note It's very easy to get caught up in our own heads and miss the things around us. By paying attention to thoughts, feelings, physical sensations without judgement helps us to understand ourselves better and enjoy the little things.



Information provided by Lincolnshire Healthy Minds

The Safeguarding Team at Haven High offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety, safeguarding and wellbeing.

Our aim is that all the children at Haven High have the best possible outcomes.

Please get in touch if you are worried about a child or would like more information.

Email safe@havenhigh.net or call the Year Hub on 01205 311979