



*Together We Are Safe, Together We Are Respectful, Together We Achieve*

## **Wellbeing Wednesday**

This Wednesday we are introducing wellbeing. With the aim of making our Wellbeing a priority, today's Wellbeing Wednesday features strategies for looking after our mental health through the 5 Ways to Wellbeing:

### **1. Connect**

Developing close relationships, connecting and socialising with friends, family and others, is important for good health and wellbeing. Choose to speak to someone face to face, rather than send an email. Check in with someone and listen to how they really are going (could be a colleague, friend, neighbour or family member).

### **2. Being Active**

Being active is important for good health at all ages and life stages to help keep your mind and body working well. It isn't hard or costly and can be very enjoyable. Being active can have a positive effect on your mood, increase your muscle mass, increase your brain cells and prevent or delay the onset of many illnesses. Go for a walk, a run, just step outside, stretch, stand at your desk or put on some music and dance! Do it alone or with a friend or with family. It could have the added benefit of making you smile or laugh!

### **3. Keep Learning**

We often think about learning as being something important for children or young adults. We place a great deal of importance on making sure young people develop skills, knowledge and experience to help them on their journey into adulthood. But research shows it's just as important for people of all ages and life stages to keep learning for happiness, health and wellbeing. Try something new, re-discover an old interest, sign up for a course or even bake something new! It doesn't have to be expensive. There are lots of courses available through community centres or online that are free or very low cost.

### **4. Being Aware**

Take time to stop and be aware of your surroundings and the moment you are in, paying attention to your thoughts and feelings. Be curious and become aware of what is around your environment. Doing this can positively change the way you feel about life and how you approach life's challenges.

### **5. Helping Others**

Most people would agree that helping others is a good thing to do in itself. But research shows it can also improve your wellbeing. Show small acts of kindness, through smiling, saying hi or thank you. Have a cup of tea with someone, offer to help a friend or colleague or just stop for a chat with someone who looks a little lost or lonely.

So that said, today might be the perfect time to squeeze in a bit of self-care and do something that makes you smile! Choose one of the 5 ways to Wellbeing or go out for a meal, put your feet up and read a book, or call a friend to check in! If you'd like more information on the 5 Ways to Wellbeing, the website has some tools (including a great wellbeing plan!) [5waystowellbeing.org.au/](https://5waystowellbeing.org.au/)

Have a great Wednesday!

Griffin Errey  
**Mental Health and Wellbeing Coordinator**

Jodi Binion  
**Assistant Principal**