

# What is emotional wellbeing and Mental Health?



It is how you feel in your body and your mind. Some people might get anxiety or feel angry or depressed a lot of the time. It is okay to feel sad, angry or worried, but these aren't comfortable feelings. It can be harder to do everyday tasks such as sleep, eat or complete your work at school.

We want to give you strategies to help you when you aren't feeling your best.

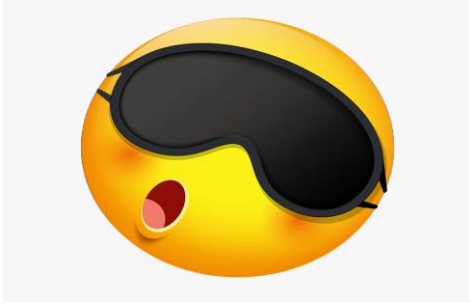


# 5 ways to shine


- ▶ Our Sunnybrow 5 ways to shine are 5 ways that you can improve your emotional wellbeing and mental health.
- ▶ They are:

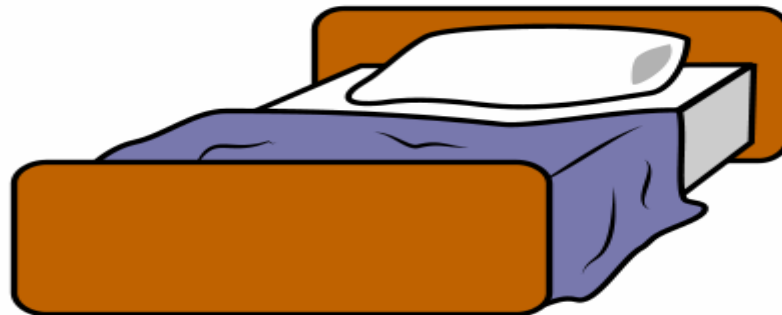


# Sleep



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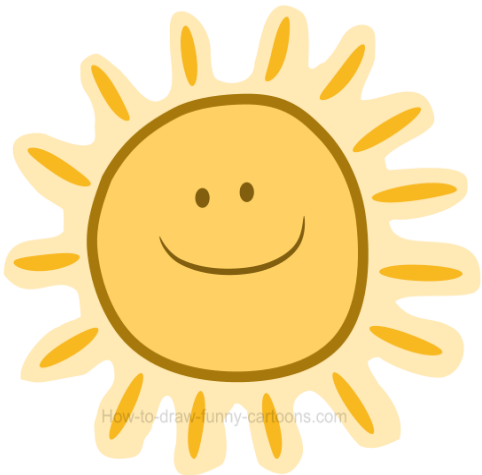
- ▶ You should sleep at least 8 hours a day
- ▶ Try and get to sleep a suitable time for your age. Children in Class 1 should be trying to go to sleep at 7pm. By Year 6, you should be trying to go to sleep at 9pm at the latest.
- ▶ An hour before you go to sleep, stay off technology and try not to eat any food (especially CHEESE!!) 
- ▶ Try and do calming activities like having a hot bath, maybe do Yoga, colouring in or read your favourite book.



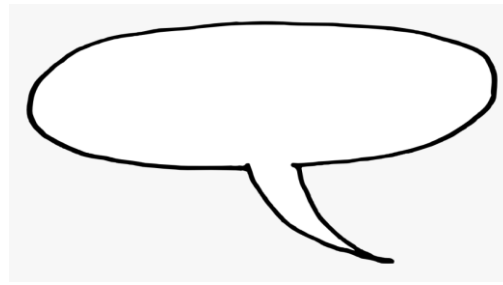
# Exercise and Fresh Air



- ▶ You should be aiming to move for at least an hour a day or 10,000 steps
- ▶ Exercise releases endorphins into your body which make you feel happier. It can help to clear your mind too.
- ▶ You could go for a bike ride, scooter, go for a walk with the dog, play a sport or swim.



# Connect or give to other



- ▶ It is good to talk to someone about how you are feeling. This might be really hard for some people, so it is important to find someone you trust. This might be a relative, a teacher, a friend, someone who works in school or a close family friend.
- ▶ If you really can't talk to someone, you could write it down, put it in a worry box, or a worry journal.
- ▶ Doing an act of kindness can cheer you up and make someone else feel brighter. An act of kindness might be giving a compliment, making something for someone or helping someone do something.



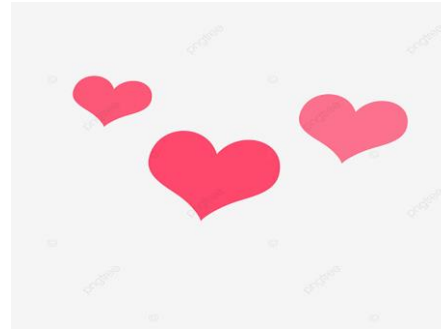
# Eating a balanced diet



- ▶ There is now such thing as bad food. There are just some things you can eat more of. Foods that are high in sugar like chocolate might make you feel better for a short time but they don't include a lot of nutrients that you need.
- ▶ Make sure you eat 5 portions of fruit and vegetables a day.
- ▶ Include protein and fibre in your diet.
- ▶ But make sure you have at a treat a day! It is all about balance!



# Do something you love



- ▶ You only get one life and it should be filled with JOY!
- ▶ If you are feeling sad or angry, think about something that you love and spend time doing it.
- ▶ For us we like to spend time with our family and friends, football, gaming, painting, walking the dog and bike riding.
- ▶ Make sure you spend time each day doing something you love.

