

## Positive Steps to Wellbeing at Madani school

<p><b>Be kind to yourself</b></p>  <p>Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.</p> <p>Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.</p>	<p><b>Exercise regularly</b></p>  <p>Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.</p> <p>Get outside, preferably in a green space or near water.</p> <p>Find an activity you enjoy doing, and just do it.</p>
<p><b>Take up a hobby and/or learn a new skill</b></p> <p>Increase your confidence and interest, meet others, or prepare for finding work.</p> 	<p><b>Have some fun and/or be creative</b></p> <p>Having fun or being creative helps us feel better and increases our confidence.</p> <p>Enjoy yourself!</p> 
<p><b>Help others</b></p>  <p>Get involved with a community project, charity work, or simply help out someone you know.</p> <p>As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.</p>	<p><b>Relax</b></p>  <p>Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.</p> <p>Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)</p>
<p><b>Eat healthily</b></p> <p>Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.</p> 	<p><b>Balance sleep</b></p> <p>Get into a healthy sleep routine – including going to bed and getting up at the same time each day.</p> 
<p><b>Connect with others</b></p>  <p>Stay in touch with family and friends - make regular and frequent contact with them.</p>	<p><b>Beware drink and drugs</b></p>  <p>Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.</p>
<p><b>See the bigger picture</b></p> <p>We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')</p>  <p>What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?</p>	<p><b>Accepting: 'It is as it is'</b></p> <p>We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.</p>  <p>Some situations we just can't change. We can surf those waves rather than try to stop them.</p> <p>Allow those thoughts and sensations just to be – they will pass.</p>