



SAMH

Scottish Action for Mental Health

5 ways to better wellbeing

for children and young people

We all have mental health, just as we have physical health, and it's important that we take the time to look after it. Yet YouGov research shows that around quarter of us never do.

There are lots of things we can do every day to support our wellbeing. The New Economic Foundation suggests the following five ways to better wellbeing.





CONNECT

Staying in touch with loved ones can make us feel happier and more secure; and often just having a chat can help to lift our mood.

- Put five minutes aside to ask someone how they are doing
- Phone, meet up or FaceTime friends
- Spend time with family
- Join a local youth club or group

BE ACTIVE

Being active isn't just good for our physical health; it's also proven to have a positive effect on our mental health and wellbeing.

- Go to the park
- Walk the dog
- Go for a run
- Get more into a physical activity, that you enjoyed in PE, and do it in your spare time

TAKE NOTICE

Whether you're spending time with friends or taking a moment for yourself, try to stop to take notice and be aware of the present.

- Practice breathing exercises
- Journal
- Try mindful colouring
- Spend time outdoors, enjoy the fresh air and notice what's around you - even take some photos

LEARN

Learning enhances your self-esteem and confidence, and can be a great way to meet new people.

- Learn a new language
- Make or fix something
- Sign up to a class in your spare time to learn something new
- Rediscover an old interest

GIVE

Giving can be rewarding. In fact, those who report a greater interest in helping others are more likely to rate themselves as happy.

- Volunteer your time for a cause you are passionate about
- Give someone a compliment
- Help around the house
- Help out a family member, friend or neighbour

