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**Steps to Improving your Wellbeing**

Below are some areas of our lives that we might neglect if we are regularly feeling low, anxious or annoyed. However, these are areas that can help improve how we think and feel about ourselves and the world around us.

Keep in mind that everyone is different and different things will work for different things. Feel free to choose the areas you think will be most useful for you.

Have a look at the questions below- see if you can write down some answers in the boxes below.

**Connecting with others**

* Is there anyone that you could call/text and see how they are?
* Could you meet up with a friend you haven’t seen for a while?
* Perhaps you could join a new group?

**Being active**

Exercise is good for our body and for our mood. Exercise releases endorphins which are chemicals that can make us feel more positive.

* Could you go for a run, go to the gym or do an exercise class?
* Is there a sport you enjoy? Could you join a local team?
* Perhaps you don’t like sport- that’s okay. How about going for a walk and inviting someone along with you?

**Keeping yourself motivated**

When we are not feeling good, we can start thinking negatively about our future. It can be helpful to hold onto good things in the future to keep us motivated.

* What are you hoping to do in the future? (Do you want to work? Where would you like to live? Is there a new skill you would like to learn?)
* What are you looking forward to?
* Perhaps you are not feeling positive about anything at the moment. What did you used to do that you would like to enjoy again?
* Could you learn a new skill or hobby?

**Noticing things around you**

It is very easy when we feel bad to see everything around us as bad too. However, this negative filter can we mean that we miss the things that our good in our lives.

* Do you notice the things around you?
* Could you try writing down one thing you are thankful for each day?
* Maybe you could visit somewhere new outdoors and try looking at the world around you?

**Giving to others**

Lots of people say that they get a lot of satisfaction from giving to other people. It lets you take a break from your own problems and gives you a different focus for a while. You might even develop new friendships or skills from helping others.

* Could you volunteer to help a charity or at a group?- this could be linked to your hobbies or experiences
* Perhaps you could do something to help someone out?