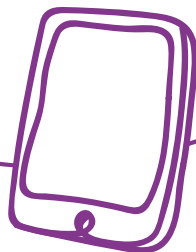
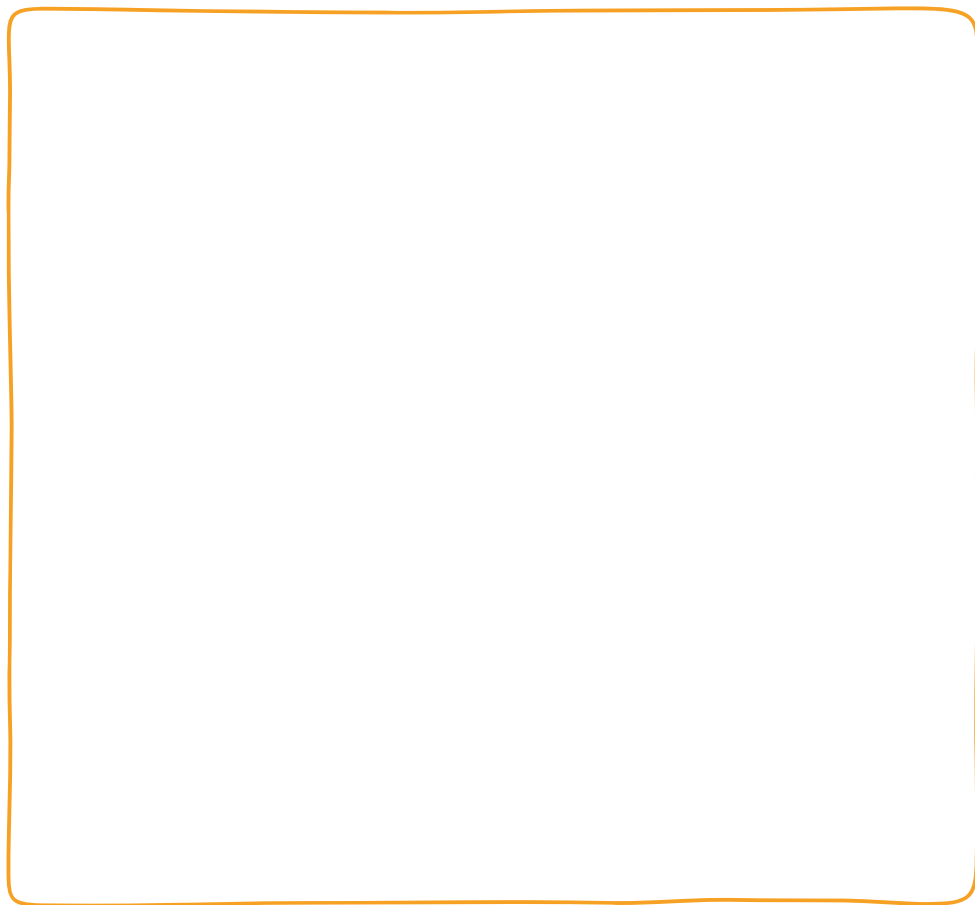


What else could you do?



[mind.org.uk/youngpeople](http://mind.org.uk/youngpeople)

 @MindCharity

 [mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

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# My Wellbeing Challenge Booklet



This booklet has some activities to help you look after your wellbeing and give you some ideas to help build up your resilience.

These activities will help you when you are finding things hard.



## Top tips for looking after your wellbeing

Looking after your wellbeing will help you to build your resilience and take on life's challenges. The five ways to wellbeing can help you do this.

### Connect

This can be with friends or family members. You can try:

- making time for your friends or family members to build your relationships;
- asking someone how they are and making sure you listen to them.

### Be active

This can be gentle exercise. You can try:

- going for a walk with family;
- doing a yoga or workout session online.

### Take notice

Be more aware of your surroundings. You can try:

- looking at the sights while you go for a walk;
- noticing the changing seasons.

### Keep learning

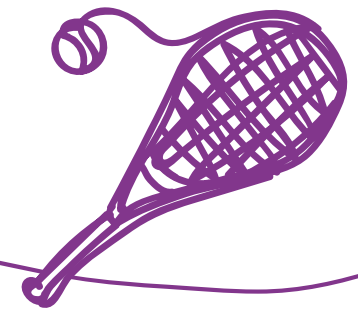
This doesn't have to be in school or lessons. You can try:

- a new hobby, such as cooking;
- reading about something that interests you.

### Give

This doesn't have to be money. You can try:

- cleaning, tidying, helping siblings or cooking.



# Appreciating people

## Giving appreciation

- You could write a text or an email to someone (friend or family member). It could be a poem, a compliment about their personality or qualities, or saying thank you for something they have done.
- You can also think about what you like about someone and compliment them.
- Write down what you have done, or ideas for things to do in the future, in the box below.

What I did:

## Reflection:


How did doing this make me feel?

How can I use what I have learnt to help me be more resilient?

# Wellbeing and resilience

Try filling in as many of these as possible:

<p>Something I am good at:</p> <div style="border: 2px solid orange; height: 200px;"></div>	<p>Something that helps me feel happy or relaxed:</p> <div style="border: 2px solid orange; height: 200px;"></div>	<p>Someone in my life that makes me feel happy:</p> <div style="border: 2px solid orange; height: 200px;"></div>		
<p>A place that makes me feel happy:</p> <div style="border: 2px solid orange; height: 200px;"></div>	<p>Something that helps me feel supported:</p> <div style="border: 2px solid orange; height: 200px;"></div>	<p>Something I am proud of:</p> <div style="border: 2px solid orange; height: 200px;"></div>		
<p>Something helpful I do to help myself cope when times are tough:</p> <div style="border: 2px solid orange; height: 200px;"></div>	<h2>Reflection:</h2> <table border="1"><tr><td data-bbox="1525 1182 1827 1517"><p>How did doing this make me feel?</p><div style="border: 2px solid purple; height: 150px;"></div></td><td data-bbox="1856 1182 2159 1517"><p>How can I use what I have learnt to help me be more resilient?</p><div style="border: 2px solid purple; height: 150px;"></div></td></tr></table>		<p>How did doing this make me feel?</p> <div style="border: 2px solid purple; height: 150px;"></div>	<p>How can I use what I have learnt to help me be more resilient?</p> <div style="border: 2px solid purple; height: 150px;"></div>
<p>How did doing this make me feel?</p> <div style="border: 2px solid purple; height: 150px;"></div>	<p>How can I use what I have learnt to help me be more resilient?</p> <div style="border: 2px solid purple; height: 150px;"></div>			



# Good deeds

## Do a good deed

- Do a good deed over the next week for someone; for example, cleaning up some dishes that have been left out.
- Try doing this without them knowing who it was.
- Write down what you have done, or ideas for things to do in the future, in the box below.

My good deed:

## Reflection:

How did doing this make me feel?

How can I use what I have learnt to help me be more resilient?



# Kindness

## Counting kindness

This exercise is about focusing on and counting kind events and experiences in our lives. It's another way of turning our attention to the positive things that are around us.

- The activity is about spotting the examples of kindness that we experience every day but either don't notice or forget about very quickly.
- Over the next 24 hours, try to write down or remember as many examples of kind acts that you see, receive or have done yourself.

- These might be big or small. For example, a friend of family member may do something kind for you.
- These events can be written below or on another piece of paper.

What kindness did I notice?

1. _____	4. _____
_____	_____
_____	_____
2. _____	5. _____
_____	_____
_____	_____
3. _____	_____
_____	_____
_____	_____

## Reflection:

How did doing this make me feel?

How can I use what I have learnt to help me be more resilient?