

Wellbeing Guide

5 top tips for looking after your mental health and wellbeing

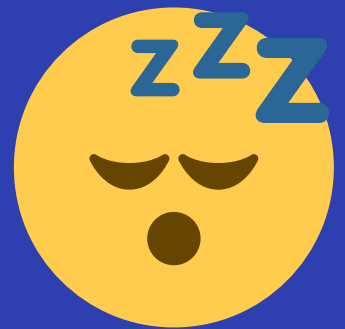
SLEEP

Are you getting enough sleep?

When we sleep, chemicals are released in our brains which help manage our moods and emotions.

Teenagers need 8-10 hours sleep per night. Try to start a relaxing night time routine and wind down an hour before bed.

1



LIMIT SCREEN TIME

Our phones can be great for staying connected but too much time on them can make us feel stressed, anxious and can lower our self confidence.

Try to limit your screen time (especially before bed) and connect with friends in person too.

2

DEALING WITH EMOTIONS

We all have difficult feelings sometimes and how we deal with these is important.

Try to identify whether your current ways of coping are healthy or unhealthy, and try to stick the healthy ones and avoid the others.

You could try: 5/5/5 breathing, writing down your worries or doing something you enjoy to take your mind off things.

3



MAKE TIME FOR FUN

School can feel stressful and it is important we make time for the things that make us happy.

Think about or write down 5 (or more) things that make you feel good. Now make sure you do at least one of these every single day.

This could be: Drawing, reading, listening to music, exercising, talking to friends, watching netflix, making tiktoks - anything you like!

4



REACH OUT

If you are not feeling good then tell someone. There will always be someone who cares and can try to help you.

This could be friends, family or someone here at school.

Have a look at our page on out of school support options to see lots of other places that can help too.

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