



GET ACTIVE



1 HOUR



PREPARATION  
NEEDED

# 5 STEPS TO MENTAL WELLBEING



## AIM

Looking after our mental health is just as important as our physical health. Explore 5 simple ways we all can improve our mental wellbeing and put these into practice by running a mental wellbeing session with 5 different activities.

## WHAT YOU'LL NEED

- 5 Steps to Mental Wellbeing Activity Sheet
- Various Equipment Depending on Activities Chosen

# GET ACTIVE: 5 STEPS TO MENTAL WELLBEING

THEME: ME & MY WELLBEING



## LEADER PREPARATION

A leader will need to download the '5 Steps to Mental Wellbeing' activity sheet and spend time reading through to understand each step. 5 activities will need to be chosen and prepared to run for the mental wellbeing session. Activity ideas are included on the card.



Download '5 Steps to Mental Wellbeing' Activity Sheet



## GETTING INTO THE ACTIVITY

Mental wellbeing is defined as the state of being comfortable, healthy and happy. It is about how you are feeling and coping with daily life. Below are the 5 steps to mental wellbeing. 5 simple but effective steps we can all take to look after our mental health. A more detailed description of each step and some tips for working towards them can be found on the '5 Steps to Mental Wellbeing' activity sheet.

- **Connect:** Spend time connecting with other people and building relationships.
- **Get Active:** Helps to boost both your physical and mental health.
- **Learn a Skill:** learning something new builds self-confidence and gives a sense of purpose.
- **Give to Others:** Acts of kindness create positive feelings and provide a sense of reward.
- **Pay Attention:** Pause and take in the world around you.

### Mental Wellbeing Session

Spend a session exploring ways to improve your mental wellbeing by trying an activity for each step. After each activity talk about how that activity benefits your mental health and brainstorm other ideas for activities which could be completed. Activities to try during your 'wellbeing session' could include:

- **Activity 1 – Get Active:** Play a game or sport to raise your heartbeat.
- **Activity 2 – Learn a Skill:** Do a bit of cooking, learn a football skill, or attempt a card trick.
- **Activity 3 – Connect:** Sit down as a group with a pizza and just chat and have a laugh.
- **Activity 4 – Pay Attention:** Encourage everyone to find some space and take time to look around them (perhaps in an open outdoor space if possible).
- **Activity 5 – Give to Others:** Put together some care packages for the elderly or tidy an area of your meeting location that others will benefit from.



## IDEAS TO TAKE THIS FURTHER...

Look at ways young people can support their friends with their mental health, including how to start that conversation and ways to respond when a friend opens up.

[www.youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health](http://www.youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health)



## KEEPING EVERYONE SAFE

Mental health can be a sensitive subject for some. Please be conscious of this when having discussions and be prepared to be flexible with the conversations based on the experiences of the group.

# 5 STEPS TO MENTAL WELLBEING

## What is Mental Wellbeing?

Mental wellbeing is defined as the state of being comfortable, healthy and happy. It is about how you are feeling and coping with daily life. Our mental wellbeing can change, sometimes without warning. This can be caused by things that happen to us or sometimes it can change without any real reason. Our mental wellbeing impacts how we feel about ourselves and the people around us. It's therefore really important we look after our mental health, just like we would look after our physical health.

These 5 steps to mental wellbeing can improve your mental health and wellbeing. Just by taking time to try and include some/all of these steps in your life, could help you feel more positive and ready to get the most out of life.

### 1) **Connect – Spend time connecting with other people and building relationships.**

- **Helps to build a sense of belonging and self-worth.**
- **Gives you an opportunity to share positive experiences.**
- **Provides emotional support and allows you to give support to others.**

#### **Top Tips:**

- Try to find time each day to speak to your friends or family.
- Arrange days out with your friends. Always have a date in the calendar to look forward to.
- Rely less on technology, games, TV etc and spend more time talking.
- Volunteer. Help to do good, whilst also meeting new people and connecting with others.
- **Activities to try:** Having dinner each night with your family, being involved in group chat with friends, playing board games, meeting friends at the park, keeping in contact with friends you haven't seen in a while.

### 2) **Get Active – Helps to boost both your physical and mental health.**

- **Great way to raise your self-esteem.**
- **Helps you to set goals or challenges and achieve them.**
- **Causing chemical changes in your brain which can help to positively change your mood.**

#### **Top Tips:**

- Getting fit doesn't mean paying an expensive gym membership. Go for a walk / run, head out on a bike or take on a 10 minute YouTube workout.
- Start with just a few minutes a day and slowly build it up. The couch to 5k podcast would be a great way of doing this.
- Play a team sport. Helping to get fit and connect with others at the same time.
- **Activities to try:** Walking, running, cycling, swimming, YouTube workouts, going to the gym, playing football, joining a sports team etc.

### 3) **Learn a Skill – Learning something new can improve your mental wellbeing.**

- **Boosting self-confidence and raising self-esteem.**
- **Helping you to build a sense of purpose.**
- **Helping you to connect with others.**

**Top Tips:**

- Try taking on a new responsibility at school, home or BB. This might be mentoring (school), DIY or jobs around the house (home) or leadership responsibilities (BB).
- Start a project and learn as you go. This could be upcycling, fixing a bike or decorating your room.
- Make the most of technology. YouTube has thousands of tutorial videos to help you learn.
- Try a new hobby. Take up a new sport, learn video editing skills, play an instrument.

**4) Give to Others – Acts of kindness are a brilliant way of boosting your mental health whilst helping others.**

- **Creates positive feelings and a sense of reward.**
- **Gives you a feeling of purpose and self-worth.**
- **Helps you to connect with others.**

**Top Tips:**

- It doesn't need to be a lot. Just a simple 'thank you' to someone that has helped you out is a great place to start.
- You don't have to go far. Help people at home with odd jobs, give your time to family and friends with a phone call (particularly older family members) or offer to help a neighbour with some gardening or shopping etc (check with a parent / guardian first).
- Your time and effort can make a huge difference to others. The more you can give, the more you will receive as a sense of reward afterwards.

**5) Pay Attention – Pause and take in the world around you.**

- **Pay attention to the world around you. This includes your thoughts and feelings, your body and the world around you.**
- **Paying attention to the world around you can help you to understand yourself more.**
- **Some people call this 'mindfulness'. It can positively change the way you feel about life and how you approach challenges.**

**Top Tips:**

- Notice the everyday. Life on autopilot can often mean we don't notice the small things around us. Take time to look at the world from a different perspective.
- Keep it regular. Find a time each day (e.g. the way to school, before bed) to spend a few minutes pausing and taking in the world around you.
- Paying attention doesn't have to mean pausing and reflecting. It could be something as simple as walking a different way to school, sitting in a different seat to normal or visiting somewhere new at the weekend.
- Stopping and pausing can help to clear your head, focus your mind and put things into perspective.

**Where to look for more information?**

For more support on mental health and wellbeing, visit one of the below websites.

**Mind** - <https://www.mind.org.uk/>

**Young Minds** - <https://youngminds.org.uk/>

**NHS** - <https://www.nhs.uk/mental-health/>

**Childline** - <https://www.childline.org.uk/info-advice/your-feelings/>