

# • MENTAL HEALTH AND WELLBEING •

## LOOK AFTER YOURSELF

At Cardinal Wiseman we have access to two counsellors; this service is safe and confidential and will provide you with the opportunity to talk through a range of things that you might be having difficulty dealing with. If you don't feel like you can discuss your problems with a school counsellor, you can always access support through your family GP (doctor). You can also access a range of support and advice only through the YoungMinds website or through self-help APPs like 'MoodGym', 'Calm' & 'Clear Fear'.



### SHARE

Don't keep things bottled up. Talking about your feelings with friends, family or your teachers is not a sign of weakness but of taking charge of your own wellbeing.



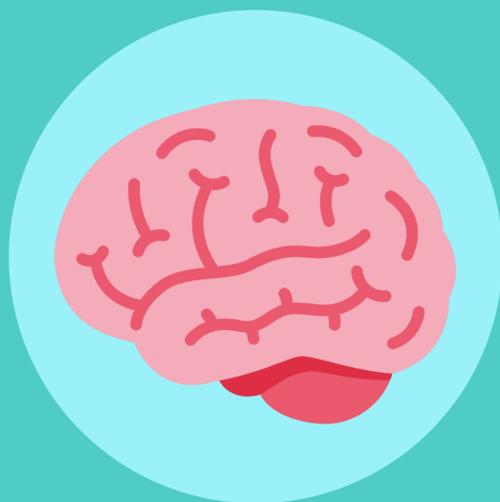
### KEEP ACTIVE

You need to a break from studying, Regular exercise can boost your self-esteem, help you concentrate and improve your sleep. Walk, cycle, dance or try something completely new. It's a great way to connect with friends too.



### UNPLUG

Switch off phones and social media for a short time each day. A change of scene is good for mental health. Go for a walk by the lake, watch the ducks, sit, think and breathe.



### ACCEPT WHO YOU ARE

You are unique, don't compare yourself to other people. Each person is on a different journey and following their own path. There is no such thing as perfection



### SLEEP WELL

Sleep is important to your physical and mental health. Sleep improves memory and concentration, reduces stress and anxiety. You need between 8 and 10 hours of sleep each night.



### EAT HEALTHILY

There are strong links between what we eat and how we feel. Eat regular meals and make sure you get some fruit and veg in every day.