

Wellbeing

Wellbeing can mean different things to different people but it generally means feeling well both physically and mentally!

When we feel good, we are in a better place to learn, have fun and to manage those challenges that come up.

Here are some ways you can look after your wellbeing....

Mindfulness Activities

This is about slowing down and noticing what is happening in the now - what you are feeling, what is happening around us.



Move your body!

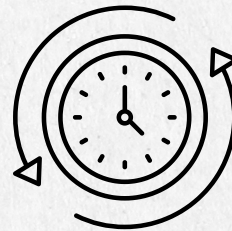
This might be going for a walk, playing sports, kicking a ball around or even dancing - anything that gets you moving



Journalling



This can be as simple as writing down how you feel each day or what happened in your day



Establishing a good routine

Connecting with other people

This might be talking to a friend, family, support worker or someone else in your life



Reach out to a service

There are lots of services available that you can talk to about your wellbeing like Carers SA, Kids Helpline or Headspace



Take some time out away from technology



Getting enough sleep!