



Belfast Model
School for Girls
ACHIEVEMENT FOR ALL

Wellbeing Information

Summer 2021



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School for Girls
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Look after your Mental Wealth

Take5

steps to wellbeing



Take5
steps to wellbeing



Making life better,
together
Belfast Strategic Partnership



Health and
Social Care

www.makinglifebettertogether.com

Self Help Leaflets

<http://www.southerntrust.hscni.net/livewell/MentalHealth.htm#Self-help%20leaflets>



Helpful Resources

Websites

[Minding your Head](http://www.mindingyourhead.info) - www.mindingyourhead.info

[Steps to Deal With Stress](http://www.contactni.com/cmsfiles/external-documents/PHA-Steps-to-deal-with-stress.pdf) - www.contactni.com/cmsfiles/external-documents/PHA-Steps-to-deal-with-stress.pdf

[Mind](http://www.mind.org.uk/) - www.mind.org.uk/

Mindfulness It's about allowing ourselves to see the way we are and to change the way we see ourselves and our lives.

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness

Apps

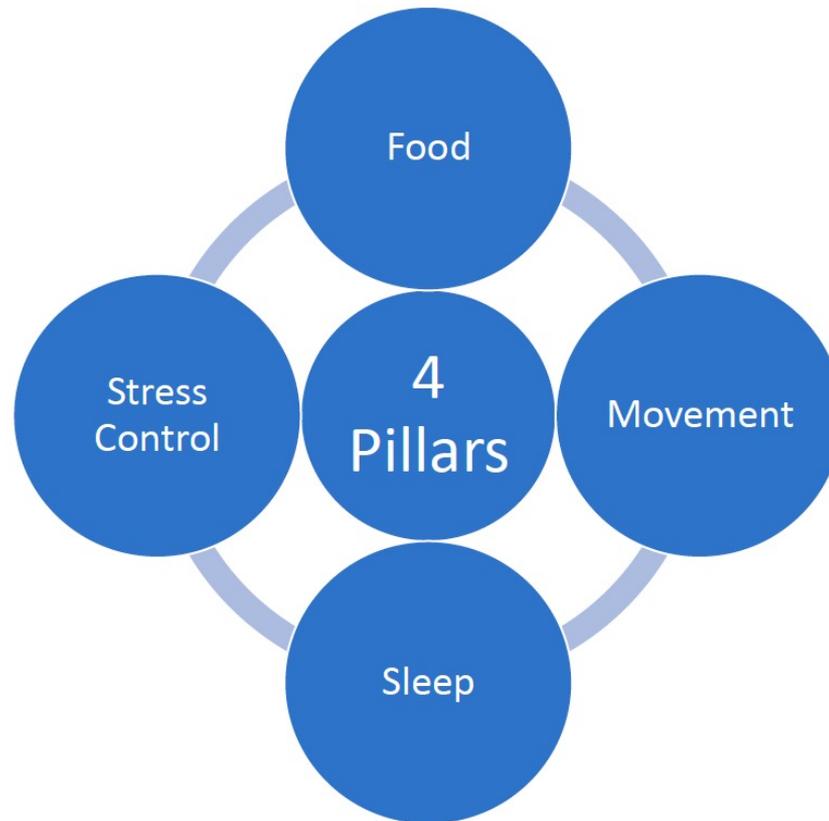
[Gratitude 365](#)

[Catch-it App](#) (Free)



The 4 Pillars of Health

Our body is one interconnected system so focus on working on all 4 pillars.





THE EATWELL PLATE

A guide to the right balance
of the five main food groups



-  Fruit & Veg
-  Carbs & Starches
-  Dairy
-  Protein
-  Sugars & Fats



11 Health Benefits That You Can obtain When You Replace ALL DRINKS WITH WATER



www.alfaauv.com

SOURCES:
<https://brightside.me/inspiration/health/what-would-happen-if-you-replace-all-drinks-with-water-31566/>
<https://jucing-for-health.com/benefits-of-drinking-water/>
<http://www.mindmint.com/what-would-happen-if-you-replace-all-drinks-with-water/>
<https://healthyload.com/happen-replace-drinks-water/>
<https://theheartysoul.com/drink-water-health-benefits/>
<http://thehealthy-food.com/what-would-happen-if-you-replace-all-drinks-with-water/>



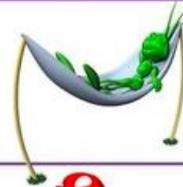


WHY SHOULD I EXERCISE?

MY STAMINA
IS
INCREASED



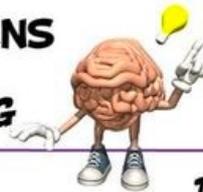
I SLEEP
BETTER



It makes me feel
Fit and Healthy



IT SHARPENS
MY
THINKING



MY BODY GETS
LEANER



IT GIVES
ME MORE ENERGY

MY MUSCLES AND BONES
GET STRONGER



IT HELPS
ME TO
RELAX



IT RELIEVES
STRESS
IN MY LIFE



MY HEART BECOMES MORE EFFICIENT



6 Benefits of a Good Night's Sleep

by @inner_drive | www.innerdrive.co.uk

Better Concentration

Better Memory and Recall

Aids Creativity

Helps You Make Better Decisions

Reduced Focus on Negative Things

Stronger Immune System



The '3 a day'

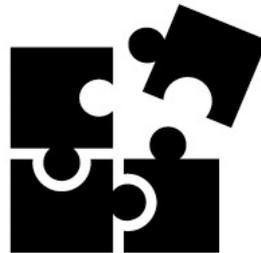
- Choose 3 small positive actions you can complete each day over the summer
- These can be as simple as getting up at a certain time, getting a shower and getting changed into fresh clothes, drinking more water, helping someone or going out for a walk.
- The list on the following pages might also be helpful for ideas for your 3.





Positive things you can do while off for the summer

- STUDY Keep up-to-date with your school work
- Reading & Book Swaps
- Yoga: Virtual classes or YouTube e.g. *BohoBeautiful*
- Puzzles e.g. *Jigsaw, Sudoku, Crosswords, board games*
- Clear-out e.g. wardrobe/ cupboards
- Listen to podcasts e.g. *Drs Kitchen,*
- Cooking & Baking
- Playing Music
- Family time
- Praying
- Bath
- Walk / Run / Home Workout – at least 5 minutes movement per hour
- Starting a project e.g. handmade cards, painting
- Call a friend
- 5 minutes of Breathing
- Dancing
- Google positive quotes



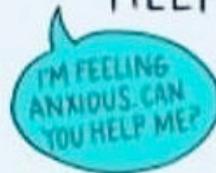


when you feel ANXIOUS

@POSITIVELYPRESENT



ASK FOR
HELP

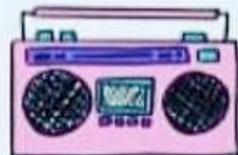


CREATE
SOMETHING



WRITE ABOUT
HOW YOU FEEL

TAKE A
DEEP
BREATH



LISTEN TO
SOOTHING
SONGS



STAY PRESENT

FIND A POSITIVE
DISTRACTION





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Think
Positive
= Be =
Positive

Belfast Model School for Girls is thinking of our whole school community, 'Our Model Family' over the summer holiday. Keep SAFE and WELL !