

Your Mind Matters: A Guide to Wellbeing

Be a Mental Health Hero: Look after your mind just like you look after your body!

- **Mental health is about how we feel, think, and act. Just like physical health, it changes from day to day, and that is completely normal.**
- **Everyone experiences a range of emotions, including sadness, anger, and worry. Talking about these feelings with a trusted adult can help us process them.**
- **Resilience is our ability to 'bounce back' when things feel difficult. It is a skill we can grow by trying new things and learning from our mistakes.**
- **Self-care means doing things that make you feel happy and relaxed, such as reading a book with Pip, drawing with Zara, or playing outside.**
- **Asking for help is a sign of strength, not a weakness. If you are feeling overwhelmed, reach out to a teacher, parent, or carer you trust.**

Did you know? Did you know? Scientists have discovered that regular physical activity and spending time in nature can boost your mood by releasing natural 'feel-good' chemicals in your brain. Even just five minutes of quiet deep breathing can help your brain feel calm and focused!

Key vocabulary: Wellbeing · Resilience · Emotions · Mindfulness · Self-care · Support