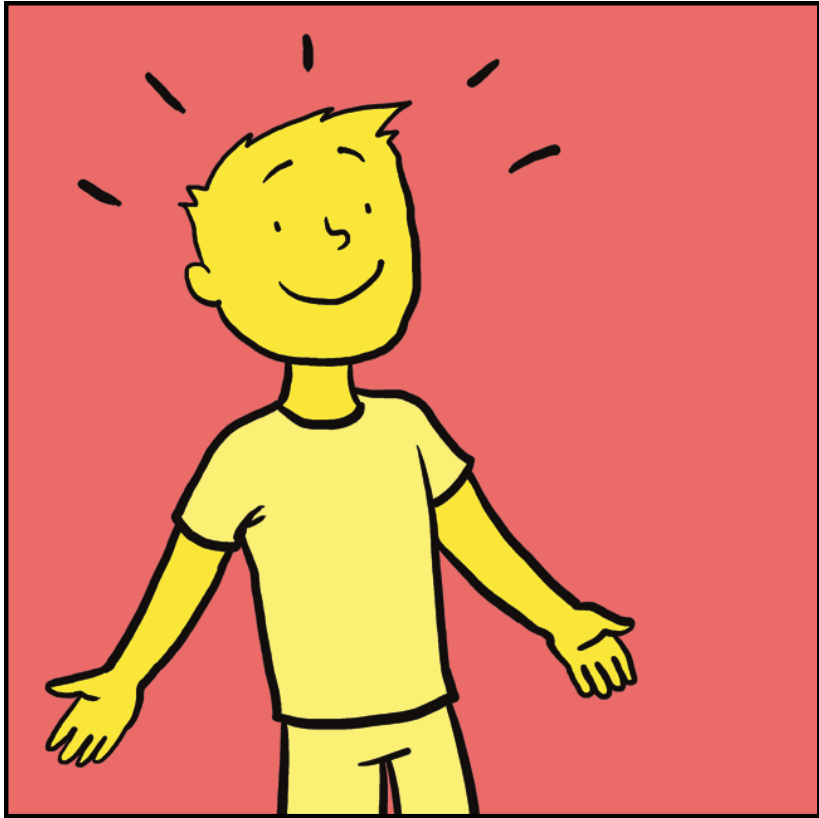


# Six Ways To Be Well

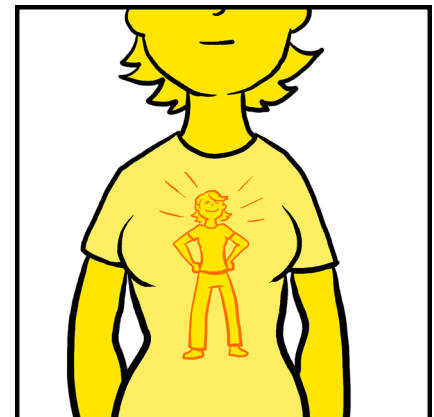
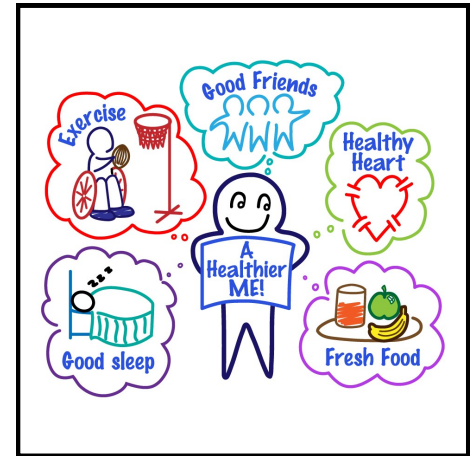


## Your Wellbeing Plan

# Wellbeing is...

- Looking after yourself
- Being happy
- Dealing with life

This will help you feel strong  
inside

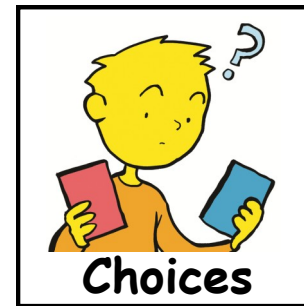


# This workbook will help you to

- Think about your wellbeing



- Make choices



- Make your own wellbeing plan





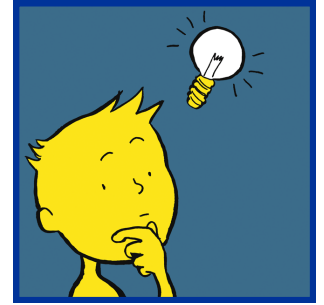
# 1 Be Aware



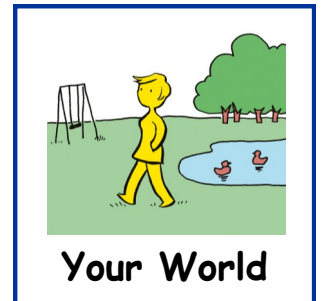
- Be aware of how you feel
- What makes you feel good?
- What makes you unhappy?
- Be aware of the world around you



# Be Aware



## Ideas - What I can do





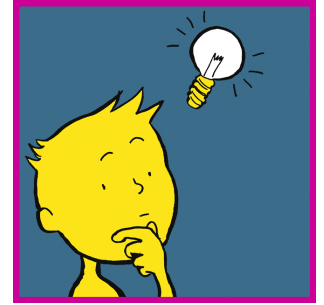
## 2 Be Kind



- Be kind to yourself
- Do something nice for a friend
- Help other people



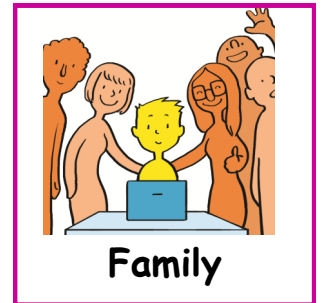
# Be Kind



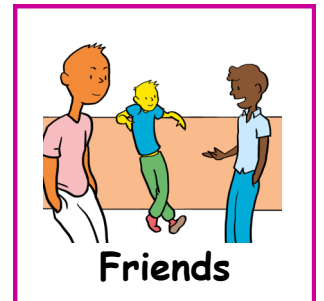
## Ideas - What I can do



**Yourself**



**Family**



**Friends**



3

## Enjoy and Learn

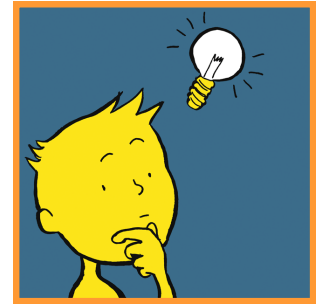


- What do you like doing?
- What would you like to learn?
- What would you like to try?

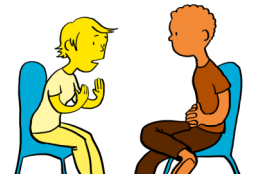




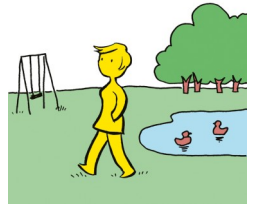
# Enjoy and Learn



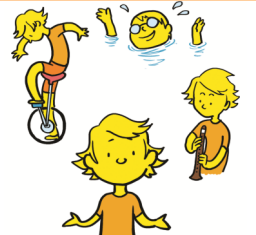
## Ideas - What I can do



**Talk About  
Your Ideas**



**Outdoor Hobbies**



**New Skills**



4

# Belong

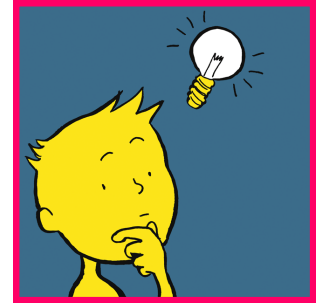


**Be part of your community**

- Who do you spend time with?
- Where do you see them?

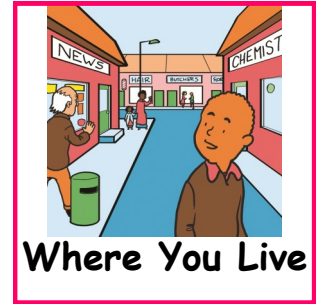


# Belong

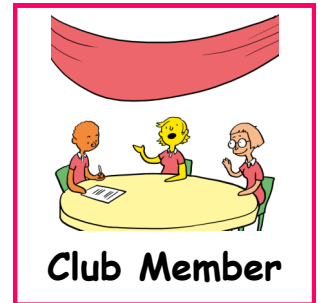


## Ideas - What I can do

A large, empty rectangular box with a red border, intended for writing ideas or actions.



Where You Live



Club Member



Keeping In Touch



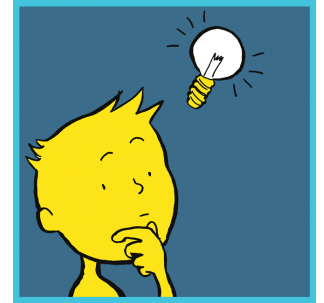
# 5 Be Active



- Moving about is good for you
- Moving about helps your body and mind
- What active things do you enjoy doing?
- Do you need help to start?



# Be Active



## Ideas - What I can do



**Be Active**



**Exercise**



**Active Hobbies**



## 6 Look After Yourself

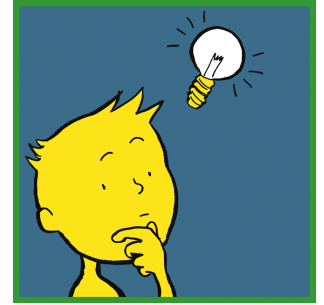


**Help yourself by**

- Being healthy
- Looking after your body and mind
- Making choices that are good for you



# Look After Yourself



## Ideas - What I can do



**More space for your thoughts**





# More Information

**Easyhealth** - use this website to find health information that uses easy words with pictures

[www.easyhealth.org.uk/](http://www.easyhealth.org.uk/)

**NHS Borders** - more information about mental health and wellbeing

[www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

## Crisis Contacts

Samaritans 116 123 (24hrs per day 365 days per year)

Breathing Space 0800 83 85 87 (Monday - Thursday 6pm to 2am, Friday 6pm - Monday 6am )

## Acknowledgements

The Symbols are designed and © to Adam Murphy 2015 and assigned to Talking Mats Ltd. in perpetuity. They may not be reproduced without permission.

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### Contact us:

@ health.improvement@borders.scot.nhs.uk

✉ Joint Health Improvement Team, Old School Building, Scottish Borders Council HQ, Newtown St Boswells, TD6 0SA

☎ 01835 825970

