

Mental ***wellbeing*** describes your **mental state** - how you are feeling and how well you can cope with day-to-day life.

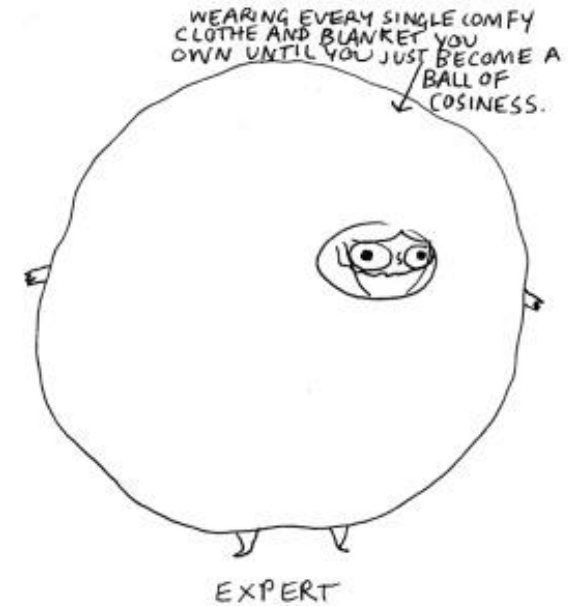
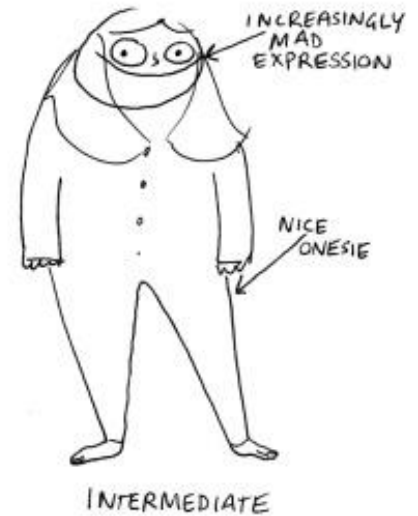
Our mental wellbeing is **dynamic**. It can change from moment to moment, day to day, month to month or year to year.

If you have good mental **wellbeing** you are able to:

- feel relatively **confident** in yourself and have positive **self-esteem**
- feel and express a range of emotions
- build and maintain **good relationships** with others
- feel engaged with the world around you
- live and work productively
- **cope** with the stresses of daily life
- adapt and manage in times of change and uncertainty

What can you do if your wellbeing is compromised?

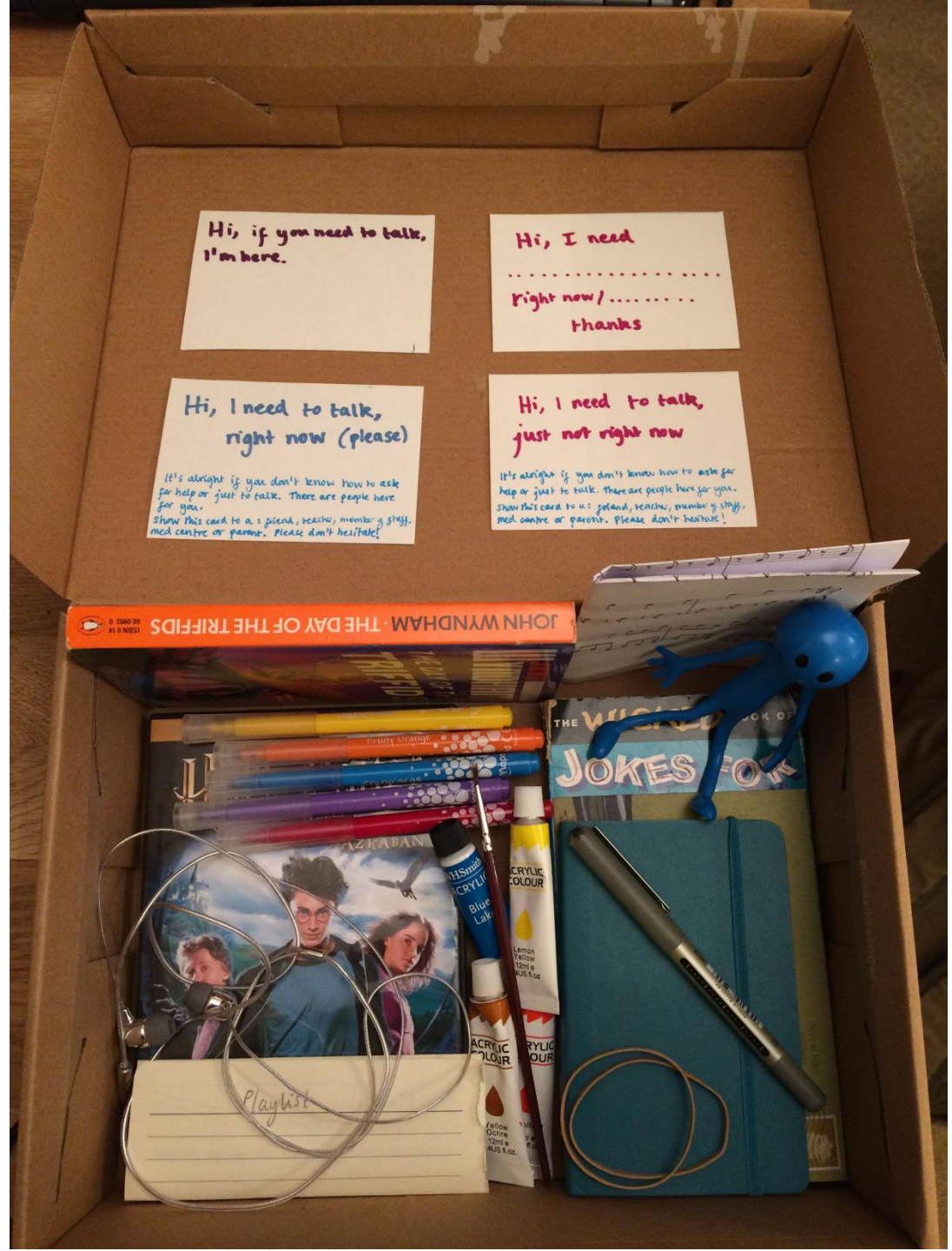
PYJAMA LEVELS



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What would you  
put in your  
*Wellbeing*  
Toolkit?



Hi, if you need to talk,  
I'm here.

Hi, I need  
.....  
right now/  
thanks

Hi, I need to talk,  
right now (please)

It's alright if you don't know how to ask for help or just to talk. There are people here for you.  
Show this card to a friend, teacher, member of staff, med centre or parent. Please don't hesitate!

Hi, I need to talk,  
just not right now

It's alright if you don't know how to ask for help or just to talk. There are people here for you.  
Show this card to a friend, teacher, member of staff, med centre or parent. Please don't hesitate!

# Starter kit:

- Instruction sheet
- List of helplines and websites
- “Food for thought” quotations to cut out and keep
- I need to talk cards

- List of things I like about myself
- List of achievements/things I’m proud of
- ‘What to do’ plan if feeling overwhelmed
- List of people to message/call

You’ll need to fill these out either on your own or with a friend or family member to help