

# 5 WAYS TO WELLBEING

## WHAT IS HAPPINESS?

Happiness is an emotional state that is characterized with the feelings of joy, satisfaction, and fulfilment



### CONNECT

Be vocal about your problems. Don't be scared to talk to a trusted adult, friend or family member.

<https://www.blgc.co.uk/>



### BE ACTIVE

Exercise and be outside. Try and do a new thing every day. Get your body moving and don't sit around doing nothing all day.

<https://www.bwita.org.uk/>

<https://letskeepboltonmoving.co.uk/>

### BE CREATIVE

Become curious. It's important to be creative and do things just for the fun of it. Draw, write, read.

<https://octagonbolton.co.uk/about-us/in-the-community>



### KEEP LEARNING

Try something new. Discover. Challenge yourself and see where it takes you.

<https://www.bolton.gov.uk/libraries>



## RECOGNISING YOUR EMOTIONS

Emotions are like our internal compass and help us make decisions. We need to be able to recognise when we have an emotion, know what it is and know what it is trying to tell us.

For further resources, check out <https://www.bekindtomymind.co.uk/>

## GIVE BACK

Volunteer or join a group. Do something nice for a friend. Smile at someone. Seeing yourself linked to the wider community can be incredibly rewarding.

<https://www.boltonathome.org.uk/opportunities-for-young-people>

<https://www.bolton.gov.uk/youthvoice>

