

SCAN QR CODES WITH YOUR PHONE
CAMERA TO OPEN THE LINK
Or click the QR box if online

1. Connect
2. Be active
3. Keep learning
4. Help others
5. Taking notice



Lots of scientific research shows that our mind health will improve if we do these 5 things.

5 Ways to Wellbeing

Wellness Web
CYPSP

It's important to take care of yourself, the following information will support you to do just that!

Self-care is about you looking after you!

The little book of Exam Stress Self-care

For Young People



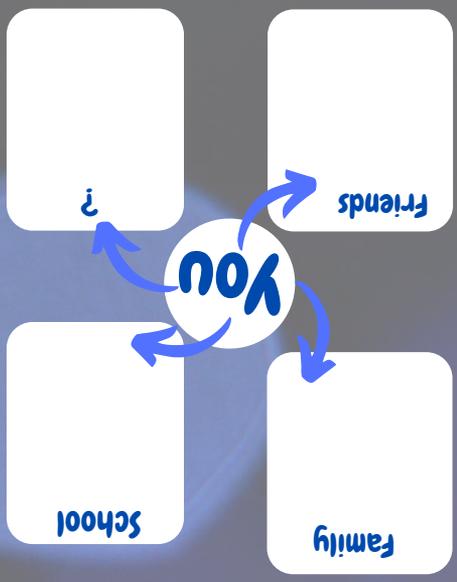
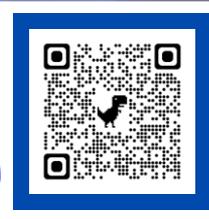
YOUNG MINDS

fighting for young people's mental health



Some great information when it comes to results day and definitely worth exploring!

How to cut & fold



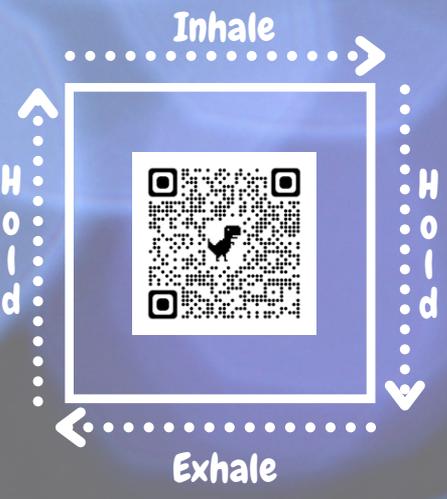
It's good to have a support network - who do you talk with when you need help?

Childline have other great resources to check out!



Smile List
Write things that are fun or make you feel better when you are doing them!

Box Breathing



If you are feeling anxious or overwhelmed this breathing exercise could be really helpful!