



## Well Being News-



What is 'Well-Being'? It's a term we hear a lot but what does it mean? Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy! Here's a short video which might give you some ideas about what 'WellBeing' means <https://www.youtube.com/watch?v=oSIWo5nxF2A> and another one with ideas for how you could develop yours: <https://www.youtube.com/watch?>

### Take time to reflect on your own wellbeing

Thinking about these questions might help you figure out what area you need to focus on, or give you some ideas on how to improve your wellbeing. Ask yourself:

- Do I have someone I can talk to about my feelings, thoughts and experiences?
- Do I do things that I enjoy or make me feel good?
- Do I spend time with people outside of my immediate family?
- Do I get regular physical activity?
- Do I feel hopeful about tomorrow?
- Do I make time for distractions and fun?
- Do I set aside regular time for relaxation and activities that I enjoy?
- Do I eat regular and healthy meals?
- Do I get enough sleep?
- Do I get breaks from my daily responsibilities?
- Do I feel happy and content with my life most of the time?

"Remember, you're a person as well as a parent. Your needs are important too! Take time out to look after your wellbeing and your whole family will benefit."

– Sky, Parentline Counsellor

### Helpful App



The **WorryTree app** aims to help you take control of worry wherever you are.

You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries.



**CAMHS (Child and Adolescent Mental Health Service)** - CAMHS are offering telephone support on a Tuesday and a Thursday between 10am-3pm

**Doncaster Mind** - Providing a range of services which include one to one emotional support, telephone counselling and online personal development courses including Positive Wellbeing, Stress and Anxiety Course.

**Virtual Family Hub**- Virtual Support and activities service for families around Doncaster.

**Woodlands Speaks** – Offering wellbeing therapies on a one to one basis in various locations across the borough, call 07714 210747.



Physical activity is a fantastic way to look after both your physical and mental health. It is recommended that children exercise for at least 60 minutes per day. This can be done at school or at home. Could you get the whole family involved? Go for a walk together or go and play sport at the park. Could you create an obstacle course and race to see who is the quickest?

## Physical activity for children and young people (5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



DEVELOPS  
CO-ORDINATION



IMPROVES  
CONCENTRATION  
& LEARNING



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
HEALTH  
& FITNESS



MAINTAINS  
HEALTHY  
WEIGHT



IMPROVES  
SLEEP



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

All activities  
should make you  
breathe faster  
& feel warmer



Include muscle  
and bone  
strengthening  
activities  
**3 TIMES  
PER  
WEEK**



**Sit less**



**Move more**

Find ways to help all children and young people accumulate  
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)