



# PHYSICAL HEALTH AND MENTAL WELL-BEING

At University Collegiate School we want to give our young people the necessary support to build and develop emotional resilience and to maintain good emotional health, as well as also be physically healthy. Our aim is to ensure that our students enjoy their time at school and are happy. There are many things that can impact on the emotional and physical well-being of our students: keeping up with studies, falling out with friends, the pressures of social media, difficulties at home etc. We want all our young people to have emotional and physical health, the skills and confidence to cope with change, the ability to think through and solve problems and ultimately achieve their goals and be happy. These are examples of resources that UCS students are signposted towards to support them on meeting these goals:

## ★ MENTAL HEALTH



How are you today?  
No really, how are you?

### Self-care checklist

Have you:

- Had enough sleep
- Eaten healthily
- Drank enough water
- Done some exercise
- Taken a break
- Spent some time in nature
- Meditated
- Connected with others

We know that mental health does not discriminate. No one should be ashamed if they are struggling. [manchestermind.org/self-care](http://manchestermind.org/self-care)

## ★ WELLBEING

### Five ways to wellbeing

#### connect

Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.

#### Be Active

Do something active with your family or friends like going for a walk or playing a game that gets you moving.

#### Take notice

Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.

#### Keep Learning

We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.

#### give

Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so much as the person on the receiving end!



Promoting Happiness

## ★ HEALTHY EATING

### 8 tips for eating well

1. Base your meals on starchy foods.
2. Eat lots of fruit and veg.
3. Eat more fish.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – not more than 6g a day.\*
6. Get active and try to be a healthy weight.
7. Drink plenty of water.
8. Don't skip breakfast.



## ★ INTERNET SAFETY

**S** **M** **A** **R** **T**

- SHARE RESPONSIBLY**  
We all love to share photographs, fun things we're doing and much more.  
Be careful what you share and always ask permission if somebody else is in the photo or video.
- MANAGE YOUR PRIVACY**  
If you're using apps that can communicate with others, turn on privacy.  
Only let people you really know follow you unless you've asked permission from your parents.
- ASK for HELP**  
Don't ever be worried about asking for help from someone you trust.  
You will NOT be judged.
- RESPECT OTHERS**  
Be kind.  
Other people may have different opinions from you.  
That's okay, but if they become abusive take screenshots, block and report and tell an adult.
- THINK CRITICALLY**  
**TRUST YOUR INSTINCT**  
Is it true?  
Does that person really know me?  
Has that really happened?  
Always question!

e-safety adviser

### Stay safe online



## Healthy Relationship Checklist

Look for these signs that your relationship is healthy!



Content Credits to onelove: "10 Signs of a Healthy Relationship"

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[www.tfc.bm](http://www.tfc.bm)

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