

Five Ways to Wellbeing

At St Anthony's we recognise the vital importance of positive mental health and wellbeing in our school community. In order to support our children, parents and staff, we are promoting 'Five ways to Well-being' in our classrooms and would invite you to support this at home.

What are the Five Ways to Wellbeing?



Connect: Talk and listen with others and with God. Set aside special times to connect with friends and family, and to connect in faith through prayer.

Take notice: Remember the simple things which give you joy. Feel the awe and wonder of nature. Notice your thoughts and feelings, your breath, the positives in life. Be still.

Give: Give your time, your presence and your words to others. Consider how you can help. Be kind.

Be active: Do what you can. Enjoy what you do. Take in fresh air and discover a physical activity that suits your lifestyle.

Keep learning: Try something new. Re-discover old interests. Take on new responsibilities. Learn from others. Share your knowledge.