



STOPSLEY  
HIGH SCHOOL

Wellbeing at  
home

# Plan your Day

You will need to think about when you will:

Study

Eat

Relax

Exercise

These activities need to be in balance (spending all day on the computer is not good for your wellbeing)

Time	Activity
9.00	
10.00	
11.00	
12.00	
13.00	
14.00	
15.00	
16.00	



# Relaxation

## [What relaxes your Brain?](#)

Talk to the people around you

Play Board Games

Be Creative- make something

Reading

[Curiosity](#)- Learn about something

[Exercise](#)

Having a bath

[Make a Journal](#)

[Mindfulness](#)

Listen to/play music

[Colouring in](#) and doodling

Photography



STOPSLEY  
HIGH SCHOOL

# Exercise

Exercise is a great way to help maintain mental wellbeing and can improve mood, energy level and sleep. When you exercise the body releases hormones called endorphins which help decrease stress levels and decrease anxiety as well as improve our physiological wellbeing.

These youtube channels have contain a number of videos that you can use to complete so you can exercise and workout at home.

<https://www.youtube.com/user/thebodycoach1>

<https://www.youtube.com/user/lesmillsgroupfitness>



# Journaling

*Just try these five easy steps. You'll be writing!*

*W – What do you want to write about? What's going on? How do you feel? What are you thinking about? What do you want? Name it.*

*R – Review or reflect on it. Close your eyes. Take three deep breaths. Focus. You can start with "I feel..." or "I want..." or "I think..." or "Today...." or "Right now..." or "In this moment..."*

*I – Investigate your thoughts and feelings. Start writing and keep writing. Follow the pen/keyboard. If you get stuck or run out of juice, close your eyes and re-center yourself. Re-read what you've already written and continue writing.*

*T – Time yourself. Write for 5-15 minutes. Write the start time and the projected end time at the top of the page. If you have an alarm/timer on your PDA or cell phone, set it.*

*E – Exit smart by re-reading what you've written and reflecting on it in a sentence or two: "As I read this, or "I'm aware of—" or "I feel—". Note any action steps to take.*

<https://journaltherapy.com/journal-cafe-3/journal-course/>



You may want to make note of or draw:

- Your mood
- Inspiring quotes
- Positive Affirmations
- Positive things that have happened in your day
- What you have learned
- What you are grateful for
- Detailed observation of something

# Journaling



# Capture your Curiosity

There are websites you can use to read and spark your [curiosity of learning](#).

You can use a camera (including the one on your phone) to be creative and be [mindfully artistic](#).

You could make models or collages using cardboard from packets and materials from around the house (that would otherwise be thrown in the bin).

You could always start writing a novel of your own.



# Mindfulness





# Meditation- Get some Headspace



<https://www.youtube.com/user/Getsomeheadspace>

# Meditation- Time to Calm



<https://www.calm.com/>

<https://www.youtube.com/user/calmdotcom>



# Colouring In

Colouring in can be a break from the stress of everyday and it can be seen as a form of active meditation. When colouring in we actively focus on the activity focus and pay attention to what we doing. The repetitive motion and concentration can give people a sense of peace and can be excellent for those who may find other forms of meditation difficult- plus it is really fun.

[Colouring in A](#)

[Colouring in B](#)

[Colouring in C](#)

[Colouring in D](#)

[Colouring in E](#)

