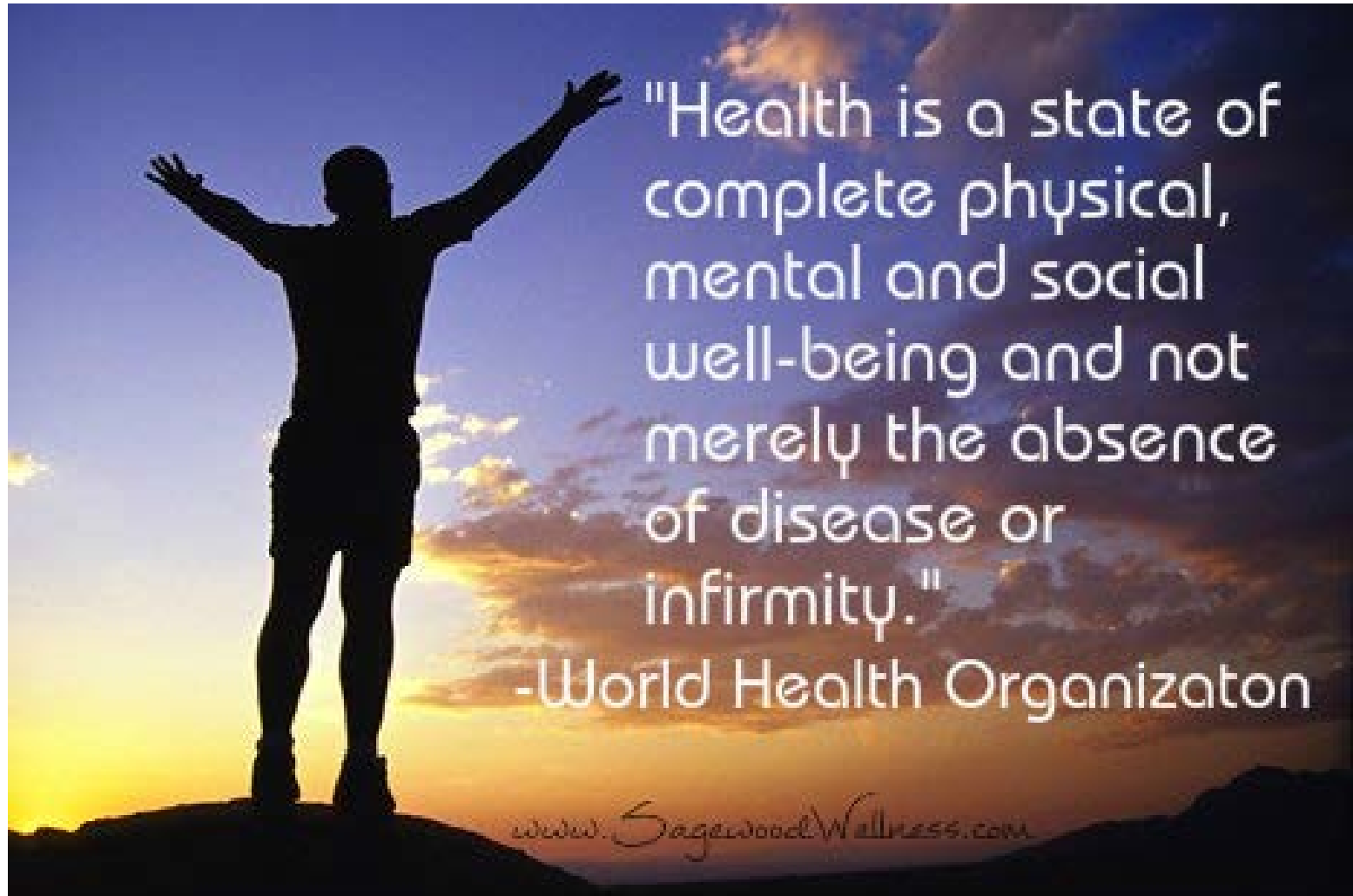


Health & Wellbeing



"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

-World Health Organization

www.SageWoodWellness.com

What might hinder your wellbeing?

- Low self-esteem
- Stress (exams, the future, responsibilities...)
- Bullying
- Depression
- Cyber Addiction
- Drinking and Smoking
- Underage Sex
- Defiant Behaviors
- Peer-Pressure and Competition
- Expectations

10 practical ways to fight your fears

1. Take time out
2. Breathe through panic – practice mindfulness
3. Face your fears
4. Imagine the worst that could happen
5. Look at the evidence – challenge those thoughts
6. Don't try to be perfect
7. Visualise a happy place – it will calm you
8. Talk about it
9. Build & maintain good relationships with others
10. Reward yourself – you deserve it!

Who can I talk to?

- The 6th Form team (Mr Sanders, Ms Coen, Ms Taylor or Mr Botha)
- Your form tutor
- Mr O'Toole (School counsellor)
- Sara Thornhill (Healthlink worker – school based)
- iCope (www.kingston.icope.nhs.uk)
- Mind in Kingston (www.mindinkingston.org.uk)
- Kingston Wellbeing Service (www.wellbeingservice.org)
- Young Minds (www.youngminds.org.uk)