

Maintaining your emotional wellbeing

Educational Psychology Service

Getting through the day, responding to change and new ways of leading our lives can be daunting. You may feel out of control and anxious at times. However, you can maintain and protect your wellbeing by engaging with the 5 Ways to Wellbeing model. Research shows that by engaging in these areas you can improve your mental health and wellbeing, feel more positive and get the most out of your life. This is particularly important at this time.

How to use the 5 Ways to Wellbeing Wheel:



Look at the wheel and select an area of your own wellbeing you would most like to focus on.

Set a realistic, achievable target for yourself. You might want to nominate someone to help you achieve your target.

Reflect on:

- ✦ What you are going to do more of to achieve this target?
- ✦ What you need to STOP doing to be able to achieve this target?
- ✦ What you can consider doing differently in order to achieve this target?
- ✦ How will you know you are on track to achieving your target?
- ✦ What will others begin to notice in relation to you achieving your target?

1. Stay connected



Stay connected with the people in your home and/or virtually: your family, friends, colleagues and neighbours. Give time to develop and nurture these relationships—talking, chatting, laughing and sharing. You will also need time to disconnect, be quiet, have 'me time'. Limit the time you spend watching or listening to the news and when you do, make sure it is from a trusted source.



Useful link:

bit.ly/33WVZTw

2. Be active



Include physical activity, indoors or outside if you are able, as part of your daily routine, e.g. go for a walk, cycle, try Couch to 5k. There are some great activities you can do with your children indoors.



Useful links:

bit.ly/2WY3JmM

bit.ly/2WURtDw

3. Take notice



Try to be more aware of what is happening for you in the present moment. This includes developing an awareness of your thoughts and feelings, your body and the world around you. Some people refer to this as 'mindfulness'. Find ways to thank and appreciate the front line health workers and other essential services who are playing such a critical role at present. These acts can make a big difference.

Useful links:

bit.ly/2WXk8rR

bit.ly/2ynJc0S

4. Give to others



Reach out to others through acts of kindness e.g. give someone a smile or a wave, stick a positive message in your window, say thank you. Expressions of gratitude can have a knock-on effect. Think about any older or vulnerable members of your community who may need help. Think about what you can do to help them.

Useful link:

bit.ly/3dFJSPb



5. Keep learning



Learn something new and/or develop those emerging skills, or embark on the project you have never had time to start. This will help create a sense of purpose and accomplishment. This is the ideal opportunity to teach and share life skills and with those around you e.g. baking, carpentry, gardening, DIY, knitting, drawing...

Useful links:

bit.ly/340Hxd6

bit.ly/2WVQmDD



If you have concerns about a child or young person and want to talk, there are national helplines available:

- ❖ **Parentline Scotland**—National helpline for everyone caring for or concerned about a child (0800 028 2233 | parentline@children1st.org.uk).
- ❖ **Enquire**—Scottish advice service for additional support for learning, providing advice and information to parents, carers, children, young people and professionals (0345 123 2303 | info@enquire.org.uk).
- ❖ **ParentClub**—The Scottish Government website, ParentClub, offers a wide range of advice on Coronavirus, building a positive relationship with your child, information relating to your child or young person's developmental stage and every day issues such as sleep, eating, play and learning (www.parentclub.scot/).