

Ten Ways to be Happier!

Accept who you are!



No one is perfect, and neither are you.
Instead of worrying about what you can't do, think about what you can do!
When things go wrong, be kind to yourself, everyone makes mistakes!

Come off Social Media for a night



One in four pupils who use Social Media for more than two hours a day will suffer from increased anxiety.

You end up getting angry or jealous of someone else.

Take a break and chill out!

Exercise!



You don't need to run a marathon, but exercise is great for your well-being.

Even if you take the dog for a walk, exercise will make you feel better.

Find something you like doing and do it!

Serve others



Doing something for someone else is a great way to feel good about yourself.

It doesn't matter what you do, helping others will make you happier and proud of yourself

STOP!



How much time do you spend rushing around....too much!
Once a day, try to STOP and listen.
Think about what you can hear.
It can be in your bedroom, on the way home, anywhere you can get some peace
Just stop and think about what you can hear, focus on that on nothing else.

Emotions



Don't let negative emotions rule your life. If you let your negative emotions take charge, your well-being will suffer.

Look for the positives in all things.
When you make a mistake, don't be down, try to be positive and move on

Direction



Are you in school because you have to be? In that case, you're going to feel rubbish.

Think about the future, where are you going? What are you going to do with your life?

If you know what your purpose is, you're going to feel much better!

Forgive



Being angry gets you nowhere at all.

All you get is stressed and upset.

Forgive, move on and don't hold a grudge.

Mistakes.....



It's okay to make a mistake.
We all make them, so pick yourself up and move on.
Don't spend time thinking about the past and don't make the mistake again!

Thankful



Instead of worrying about what you haven't got, be thankful for what you have got.
Health, food, talents....you have them all!

You need to look after your mental health just as much as your physical health.

If you don't you won't be able to work and learn

Stop worrying about things you can't do and focus on what you can do
You can achieve what you want to achieve with hard work and positive well-being!



