

# 5 Ways to Wellbeing



## 1 Connected

Good relationships are very important for our emotional wellbeing.

Being connected can:

- help us to build a sense of belonging and self-worth
- give us an opportunity to share positive experiences
- allow us to support one another

## 2 Be Active

Being active is great for our mental health as well as our physical health and fitness.

Being active can:

- help us to set goals or challenges and achieve them
- cause chemical changes in our brain which can help to positively change our mood

## 3 Be Curious

Being more curious about the things around us and paying more attention to the present moment can improve our mental health.

Being curious can:

- help us enjoy life more and understand ourselves better
- positively change the way we feel about life and how we approach challenges

## 5 Give

Acts of giving and kindness can help improve our mental health.

Giving to others can:

- create positive feelings and a sense of reward
- give us a feeling of purpose and self-worth
- help us to connect with other people

## 4 Keep Learning

Learning new skills can:

- improve our self-esteem
- help to build a sense of purpose
- help us to connect with other people



# Lent Appeal 2022: One Community



The Catholic Children's Society (CCS) Lent Appeal 2022 is about to begin and we would love your school to be involved!

## One Community

This year's appeal is inspired by Pope Francis's call to support everyone's mental health by building a 'culture of community'.

Every penny raised through this appeal will support our work with local disadvantaged children and families.

## Resources

Our CCS counsellors and therapists have developed resources and activities to help promote positive mental health and emotional wellbeing in schools.

The activities are based on the 5 Ways to Wellbeing (see poster overleaf). Resources include PowerPoint presentations, videos and activity sheets which are all available on our website [www.cathchild.org.uk/lent](http://www.cathchild.org.uk/lent)



**With the support of schools**, during the pandemic CCS have been able to help . . .



**15,000**

local children & families  
in need



**5,300**

local children & parents  
with emergency food  
& essentials

***"After getting this help I feel like I can finally breathe. It has been the push I needed to keep me going."***

A local father of three children

## Help more children and families this Lent

We would be so grateful if you can support CCS and help more local children and families this Lent.

To sign up, please visit [www.cathchild.org.uk/lent](http://www.cathchild.org.uk/lent)