

## Wellbeing Round-up

This week we have given you a whistle stop tour of wellbeing and resilience - we hope you enjoyed the journey and picked up some useful tips along the way! As the week draws to a close we wanted to leave you with some final **'take home messages'** as well as signposting you to some places for further information and support.

### 5 Key Messages:

- 1) Your wellbeing takes **priority**, now and always
- 2) Regularly check in with yourself to see how you are feeling
- 3) Your physical and mental wellbeing are entwined, not separate
- 4) Taking time out for yourself is **essential**, not a luxury
- 5) You are not alone, talking to others can help to put things into perspective

### Signposting:

Providing advice and guidance is what we do here at Shaping Futures, but we are not experts on mental health and wellbeing. If you need extra support then please reach out to those around you, whether it's a family member, friend, teacher, GP or another professional. There are also lots of fantastic charities and resources available to access. Here are some to get you started:

**Listen:** [The Mental Health Foundation Podcast](#)

**Talk:** [Samaritans 116 123](#)

**Read:** [Time to Change](#)

**Watch:** [Mind](#)

**Track:** [Catch it App](#)

**Do:** [Breathing exercises](#)

Next week we will be moving on to the topic of Finance and Budgeting, but all of the wellbeing resources will still be available for you to access whenever you need them.

If you have any questions, you can live chat a member of our team [here](#).

We'd love to know if you found this resource helpful, let us know [here](#).