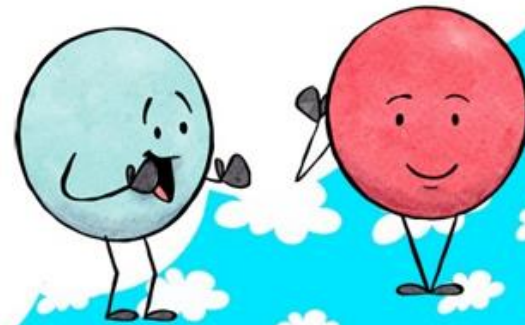


5 ways to wellbeing



www.elsa-support.co.uk



Be active

When you get physically active it can make you feel GREAT! People who exercise regularly have lower rates of sadness and depression and feel less anxious. It is a great way to reduce any anxiety you are feeling. You don't have to do anything really intense or difficult.

You can fit exercise in your day in many ways. Try and exercise **EVERY** day.

- Take up a sport
- Go for a run or a walk
- Do a silly dance
- Make up a dance routine
- Make up a daily exercise routine
- Try your hand at gardening or growing things
- Try yoga
- Organise running races on the playground

