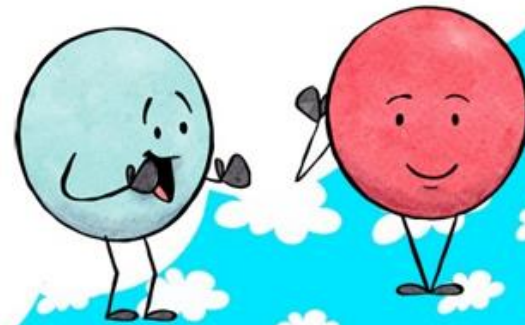


# 5 ways to wellbeing



[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



# Connect

Making a connection with other people can feel AMAZING! Connecting with others makes you feel like you belong, you are important and you are valued. Belonging helps raise your self esteem.

You can connect with people in lots of different ways. Try and connect with someone **EVERY** day

- Talk to someone by telephone instead of texting or emailing
- Speak to someone new in school that you haven't spoken to before
- Spend time talking to your sisters and brothers. Play a game with them or read a story and discuss the story.
- Talk to your next door neighbour
- Spend time listening, not just talking. Really listen to what others are saying.
- Join a club or a group and get to know people who like the same things as you do

