

# Mental Wellbeing

Big Idea: Comfort (Living Well)



**Fun Fact:**  
Meditation  
finds its origins  
in the  
Buddhist  
religion.

## Key words

**Mindfulness** - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

**Meditation** - Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

**Wellbeing** - the state of being comfortable, healthy, or happy.

**Serotonin** - Serotonin is an important chemical and neurotransmitter in the human body. It is believed to help regulate mood and social behavior, appetite and digestion, sleep, memory, and sexual desire and function.

**Endorphins** - Endorphins are natural chemicals in the body that fight pain. Endorphins are released when a person gets hurt, but also during exercise, laughter

**Well-being** is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.

**Meditation** is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

### Ways to have good wellbeing

**Meditation:** allows you to calm the mind and relax. It can help you to regulate your emotions.



**Exercise:** can help reduce the physical signs of stress. When you exercise your body releases a rush of endorphins which can make you feel happy and energised.



**Sleep:** If you are a teen you should be getting 9-10 hours of sleep. This allows your body to repair and will fuel you for the next day.



**Hobbies:** Whether it is music, sport, reading or a club doing something you enjoy can raise your levels of wellbeing.



### What can you do if you have low wellbeing?

- Speak to a friend.
- Speak to your parents or guardian.
- Speak to a teacher.
- Speak to an organisation.



### Here are 6 Mindfulness benefits:

It helps to increase your attention span

It helps you to understand and regulate their emotions

It helps you to manage stress and your general wellbeing

It helps you become more aware of your bodies and your senses

It helps you to build a connection with the natural world

It helps you to develop empathy and compassion for others

**Mindfulness** is about focusing on the present, and being aware of what is going on both inside and outside, in a non-judgmental way. Practising these skills of focusing and noticing can be hugely beneficial.

