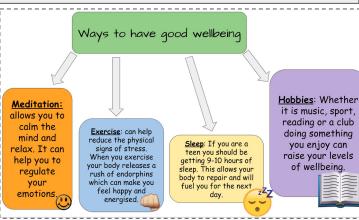
## Mental Wellbeing Stnarks

Big Idea: Comfort (Living Well)

**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.



Fun Fact:
Meditation
finds it origins
in the
Buddhist
religion.

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

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





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.



## 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.

<u>Serotonin</u> - **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