



37

59

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61

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101

WAYS TO  
WELLNESS



85

1

323





Just be silly, try and perform a comedy routine which will make people laugh.

2

Sometimes it helps to just be quiet and lie down on your bed.

3

Watch Youtube, Netflix, or play PS4 they all help to distract you from the day.

4

Be with your family, either a meal together, watch a film or go on an adventure.

5

Jump high on the trampoline it's fun and it is an energy booster.

6

Get a hug from a friend, a hug can make you feel so much better.

7

Get into a bath with lots of bubbles and listen to some music.

8

Talking to people can help to make sense of things, getting another point of view.

9

Flip through old photos on your phone and think of better times.

10

Write any bad feeling down, then throw it away.

11

Silence! It helps you relax. Why not sit in a favourite place and be alone for 5 minutes.

12

Just get outdoors, walk, jog, run, sit and take in nature.

13

Appreciate the good things, make a positivity list and be glad of all of those things.

14

Boxing-it allows you to release any build up anger or frustration. Or any sport can help.

16

Sit in the dark and close your eyes. Taking you away from all of the hectic things affecting you, even if just briefly.

17

Facetime your friend, sometimes it's hard to see your friends in person, facetime is a good way to spend time together.

20

Calming music in your headphone, 5 minutes usually does the trick.

15

54321 Coping Strategy  
5 things you can feel  
4 things you can see  
3 things you can smell  
2 things you can hear  
1 thing you can taste.

18

A night walk or go into the garden at night and listen to the quiet and see how many sounds you can hear.

19

Some of the mindfulness apps around are a good idea, have it on your phone and available whenever you need it.

21

Eat some of your favourite foods.

22

Watch a Christmas film no matter what time of the year it is.

23

Take time out to read a book.

26

Make a daisy chain in the summer.

29

Exercise, alone or with friends; just get moving.

31

Clean your bedroom, it's a distraction and feels good afterwards.

24

Why not bake something? And you get to eat it at the end.

27

Take a break, from whatever it is you are doing and just do something else.

25

Have a pamper, and put on a Facemask.

28

Watch your favourite Comedy Film, one you know will make you smile.

30

Sometimes the only way to deal with things is to deal with the stressful situation face on.

# 32

Declutter your space, get rid of things you do not use anymore.

# 33

Visit a gallery or a museum, it's a quiet place and can be peaceful.

# 34

Lie on the grass in the summer and see what shapes you can see in the clouds or count the aeroplanes.

# 35

Colour in, it's for all ages.

# 36

Think of the three funny moments you've had, what was the most embarrassing?

# 37

Make plans and have something to look forward too.

# 38

Internet shopping, you don't have to buy but you can browse and get ideas.

# 39

Window shop somewhere fancy, it might inspire you.

# 40

Treat yourself to coffee and a cake in a little cafe.

# 41

Go to the beach no matter what the weather.

# 42

Simply just talk to someone, even online if not in person.

# 43

Call someone up who you haven't heard from in a while, have a catch up.

# 44

Doodle on a piece of paper



# 45

Sing and dance in your bedroom to loud high energy music. No one can see you!

# 46

Watch bloopers on YouTube and try not to laugh...it's almost impossible.

# 47

Go geocaching, it's a really cool treasure hunt sort of thing, look online where to start.

# 48

Visit your grandparents, or other elderly relatives and ask them to tell you stories from when they were little.

# 49

Indulge in your favourite sweet treat, like pick n mix,

# 50

Paint your nails.

# 54

Give money to someone on the street, helping other people helps you to feel good and makes you appreciate what you have.

# 55

SING- join a choir or a band. Or just sing along to the songs on the radio, add an air guitar for that extra good feeling.

# 56

Run down a hill, and enjoy the wind in your face.

# 51

Create a memory jar, collect happy items which remind you of things. Look back over them anytime you are down.

# 52

Have a friendly Snapchat war with your friends.

# 53

Bullet Journaling helps to organise your thoughts and keep you on track.

# 57

Get outdoors in nature, breathe in the fresh air.

# 60

Light a fire and sit around it with friends or even on your own.

# 58

Kick a pile of leaves, like you did when you were younger.

# 61

Make soup, especially in Autumn.

# 59

Have a sleepover with your friends and have fun.

# 62

Write down five things you have achieved today.



# 63

Jump in a puddle for a care free moment.

# 64

**STRETCH**, whether its a full on yoga class or a little 30 second yawn a stretch its good for you.

# 65

**Be kind!** Acts of kindness help us feel good about ourselves, from fundraising for a charity to opening a door for someone, kindness goes a long way.

# 66

**SCREAM** (maybe into your pillow) let out the stress and anger!

# 67

**Clean and organise**, if you have a busy environment you often have a busy mind.

# 68

**Get cosy** in your pyjamas and a pair of fluffy socks.

# 69

**White sage** (smudge) yourself to clear away negativity.

# 70

**Write a gratitude journal**, if you have had a bad day sit down and think about what you have appreciated about your day, your mood will lift- promise!

# 71

**BREATHE** If you feel any anxiety or stress: Breathe in for 4 seconds Hold your breath for 4 seconds Breath out for 4 seconds. Do this 4 times, you will feel much calmer.

# 72

**Take a break**, studying or concentrating on any task for long than 30 minutes can be bad for you. Set your timer and work mindfully for 30 minutes then when the timer buzzes, make sure you take a break.

# 73

**Talk in a silly accent** with your firends.

# 74

**Buy a magazine** and read about something unrelated to what you are worrying about.

# 75

**Search the internet** for free activites in your area and plan to go to some of them with your friends or alone.

# 76

Feel your emotions, do not try and suppress them, it's ok not to be ok.

# 77

Challenge yourself do something you've never done before.

# 78

Go somewhere beautiful, even if it's just the bottom of your garden.

# 85

Meditate! It's free and can help with loads of things such as; dealing with stress and negative emotions, it can reduce levels of depression and anxiety, along with helping people tolerate pain better.

# 86

Go to the gym, exercise releases endorphins which make you feel good.

# 79

Compliment yourself, write a list of things you like about yourself.

# 80

Take a few deep breaths.

# 81

Go on a bug hunt, look for little creatures and draw them or take photos of them.

# 87

Go sea glass/ sea treasure collecting, you will be amazed at the beautiful things you'll find.

# 82

Ask for help, if you feel really sad and you don't know what to do about it, seek professional help, your GP, a trusted friend, parent, anyone. Talking is good.

# 83

Bake or cook from scratch. Do it with your favourite music playing. Invite friends round to enjoy what you have made with you. (or laugh at it if it goes wrong!)

# 88

Waterfall hunt! Look for a waterfall near you and go and see it, listen to the sounds and feel the cool water.

# 89

Wild swimming! In the summer the lakes in the lake district are warm, or if you're brave swim in the sea it'll be very fresh.

# 90

Eat dark chocolate, it's supposed to be a boost for Serotonin in your brain. Serotonin is a neurotransmitter that can improve mood, enhance sleep and reduce the sensation of pain.

# 84

If you are feeling down try to focus or get stuck into something new.

# 91

Play! Playing is stimulating, boost your creativity and your imagination.

# 92

Go on a dog walk, haven't got a dog? Borrow one!

# 93

Watch a classic movie.



# 94

Write a poem or do something else creative that helps you express how you feel.

# 95

Climb a mountain or a even a high hill, a different perspective is sometimes all you need.

# 96

Get up early, make the most out of your day.

# 97

If you're stuck in the house and it's making you down, get dressed in clothes you like as though you were going out somewhere, it'll make you feel good and you might end up going out.

# 98

Unitask- people think multitasking is a great skill, but actually it is much better to do one thing at a time and do it well; than to do loads of things and for your attention to be divided. Unitasking helps you feel calm and accomplished.

# 99

Build a den outside out of fallen branches and leaves, make it big enough to get in to and pretend you and your friends live there.

# 100

Draw silly faces on your toes and pretend they are talking to each other.

# 101

Star gaze! Check out the weather and when its a clear night wrap up, take hot chocolate and look up!



## **"Lie on the grass in the summer and see what shapes you can see in the clouds..."**

101 Ways to Wellness is a publication designed by young people for young people to promote positive health and wellness.

Northbourne Youth Initiative has reached out to young people 8-19 in the West End of Newcastle, finding out about their ways to wellness, good health and happiness! It's a common issue that young people are feeling more stressed nowadays due to pressures from schools, families or even friends. As a way of supporting them to cope we asked; what helps you to feel good? How do you spend your 'me' time? And how do you relax and ease stress?

From their answers to these questions, they have created 101 Ways to Wellness, a publication which young people can share with others who may be experiencing the same feelings.

So why not work your way through the 101 Ways to Wellness and put yourself first for a change and look after your own health and wellness.

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Created by Northbourne Youth Initiative  
[www.northbourneyi.org](http://www.northbourneyi.org)



**Community  
Foundation**