

Exam Success Evening


Mental Health and Wellbeing

Mrs Burrows and Mrs Heighway

Name: _____ TG: _____

Wellness Action Plan

Look after your physical health	/ 5
Look after your mental health	/ 5
Plan and develop habits	/ 5
Daily check ins	/ 5
Look after one another	/ 5



What helps you stay mentally and physically healthy at school? *Examples: eating a healthy lunch, time with friends, teacher explanations of tasks etc.*

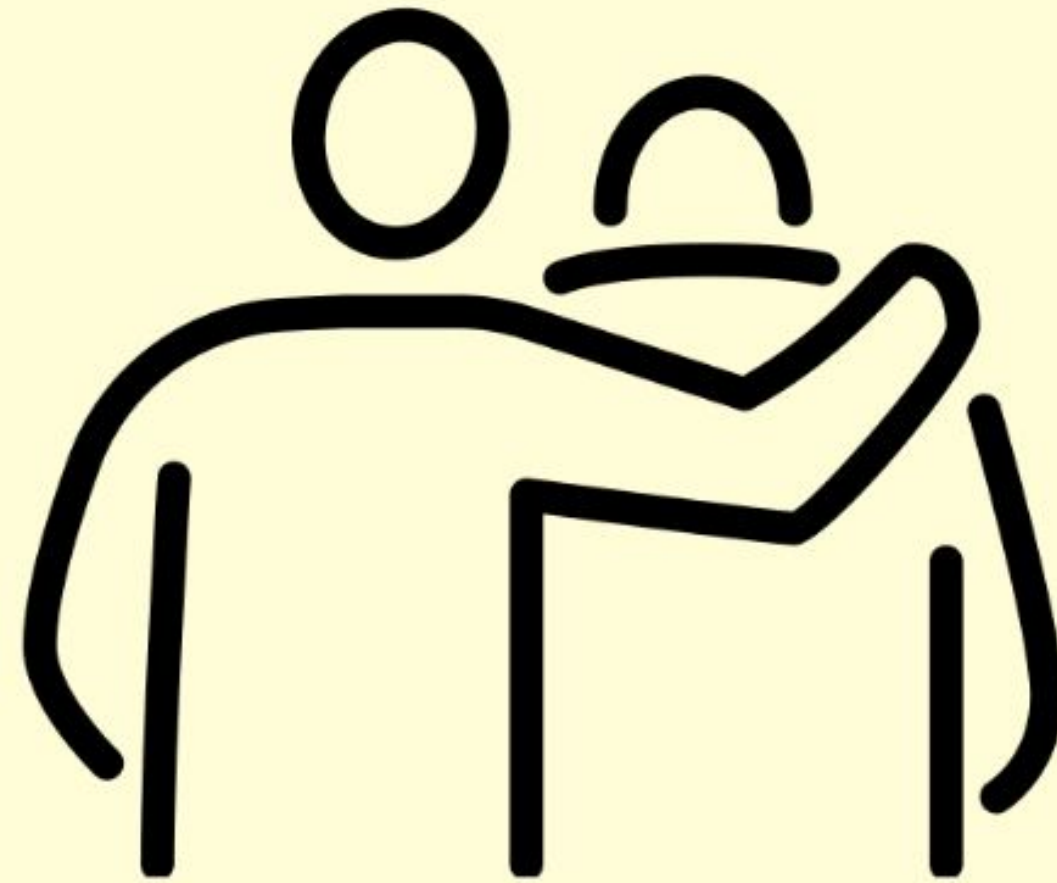
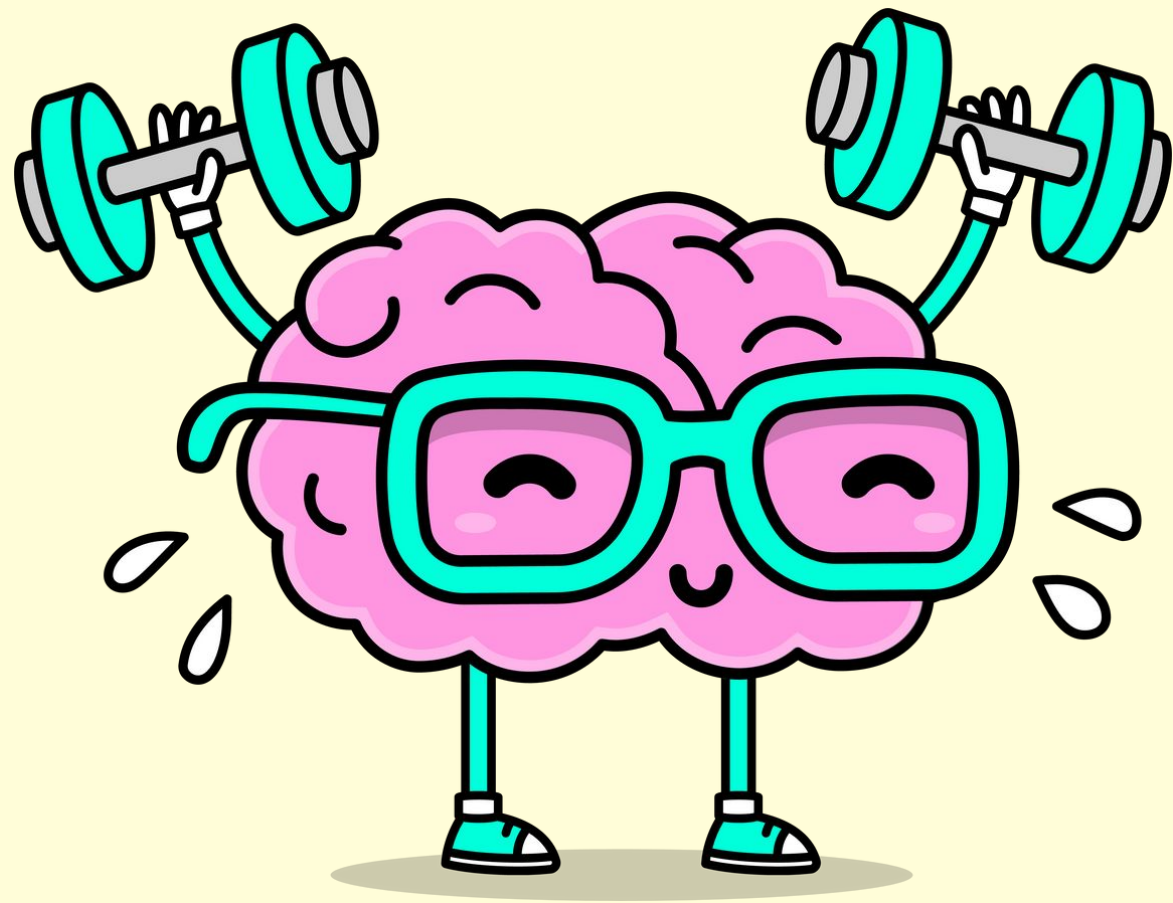
Are there any situations or behaviours that can trigger poor mental or physical health whilst at school? *Examples: something not going to plan, friendship issues etc.*

What can you, your teachers, friends or family do to proactively support you stay mentally and physically healthy at school? *Example: regular check ins, healthy lunch, time for revision etc.*

Are there any early warning signs that your family, friends or teachers might notice when you start to experience poor mental or physical health? What are they?

What actions would you like to be taken if any of these early warning signs are noticed? *Example: talk to you about it, contact your parent etc.*

Why is this important?



Mental Health and Wellbeing

5 Steps to success

1. Look after your physical health
2. Look after your mental health
3. Plan and develop habits
4. Daily check ins
5. Look after one another



Step 1: Look after your physical health

Plan daily activity and move more

Eat well - healthy diet, regular meals

Drink water to keep hydrated

Get enough sleep

Avoid bad habits - energy drinks



Step 2: Look after your mental health

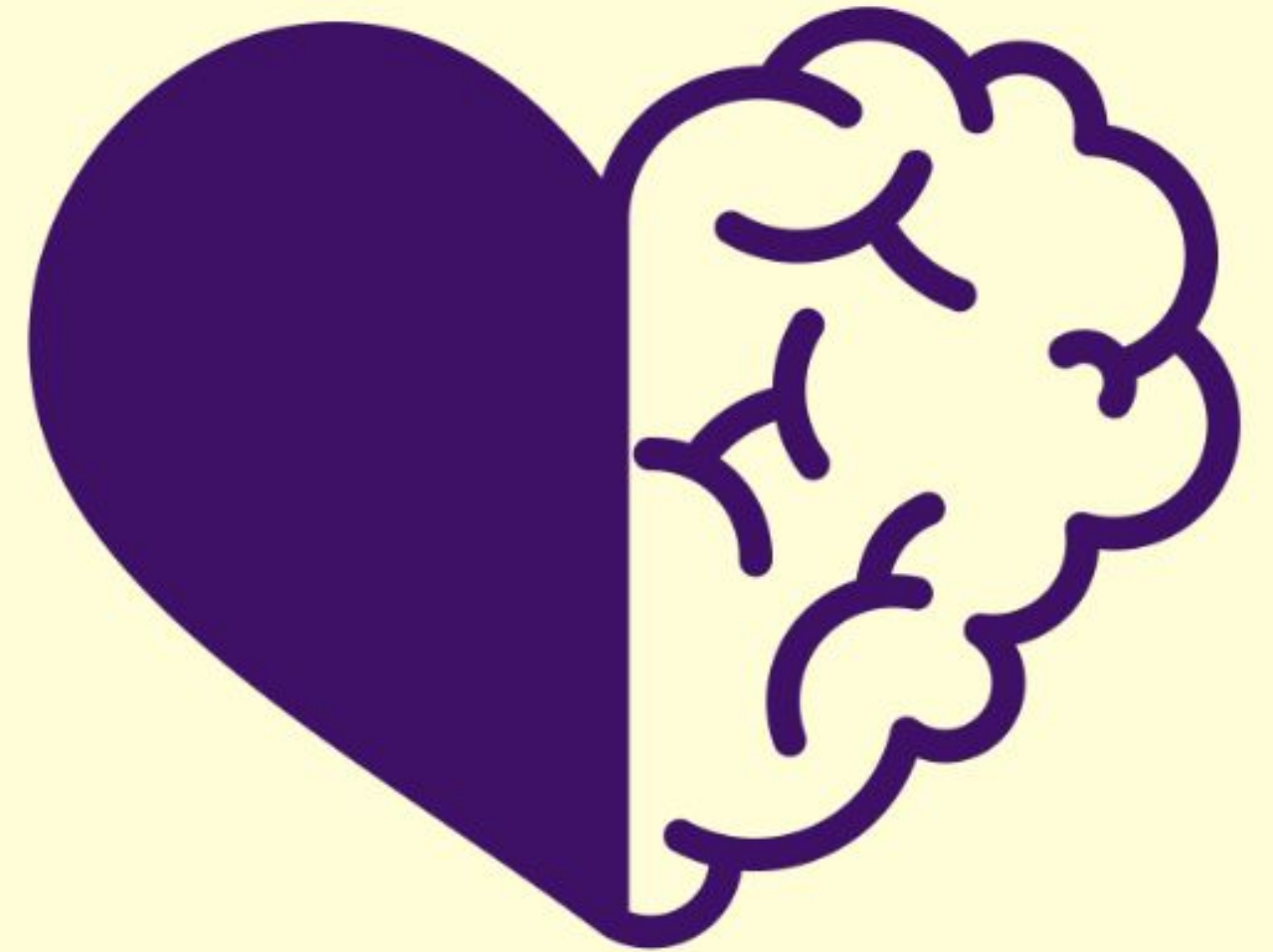
Fresh air, being outside, exercise

Manage stress - breathing

Self-care - things you enjoy

Connect with others - talk and share

Positive mindset



Step 3: Plan and develop habits

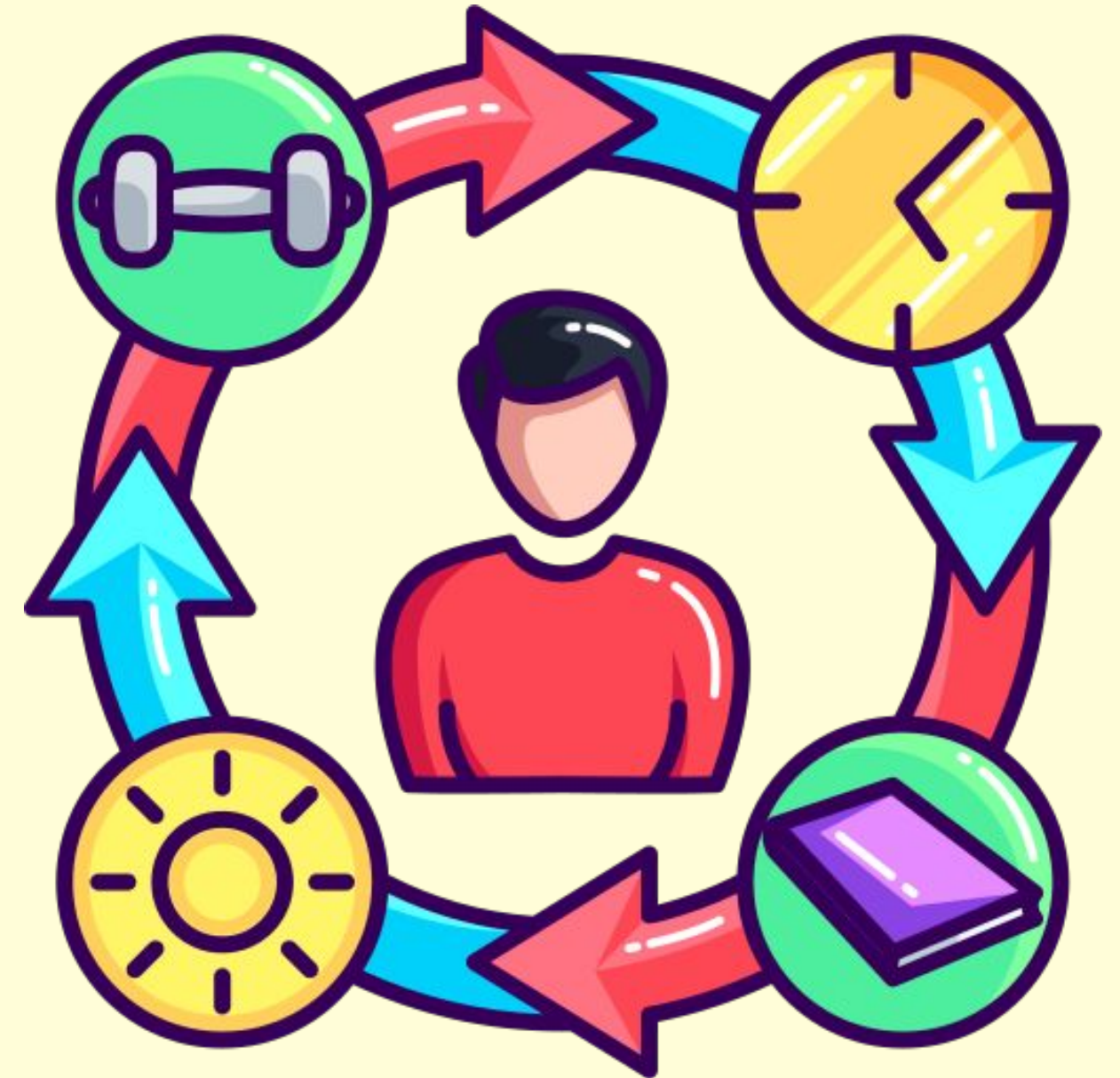
Use an alarm clock

Daily habits - AM/PM

Revision timetable - attend revision that starts next week

Questions to ask parents / friends / teachers

Quiet space to revise



Step 4: Daily check ins

Notice how you are feeling (1-5)

Review day - AM/PM

Talk to your parents about your day

Talk to your tutor and friends

Notice any warning signs



Step 5: Look after one another

Be kind

Be a good listener

Spend time with your friends

Notice your peers - ask how they are doing

Let an adult know if someone is not ok



How are you going to implement this learning?

Wellness Action Plan

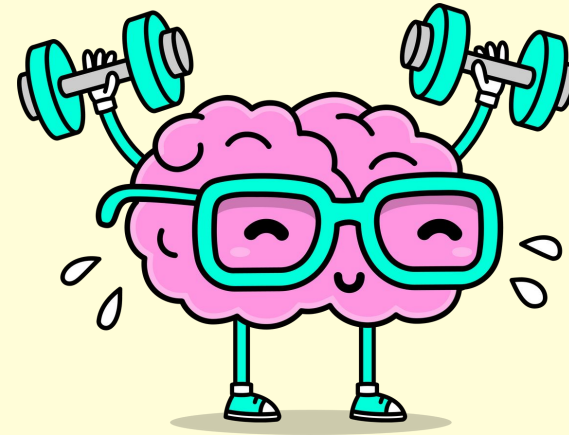
Physical Health Links

[NHS Physical Health](#)

[Mental Health Foundation](#)

[Sport England](#)

[Stress Less - MHST](#)



- ✓ Plan time to fill in this plan
- ✓ Review this monthly
- ✓ Talk through it together

Mental Health Links

[Mind](#)

[Coping with exam stress](#)

[Mental Wellbeing](#)

[NHS Mental Health](#)