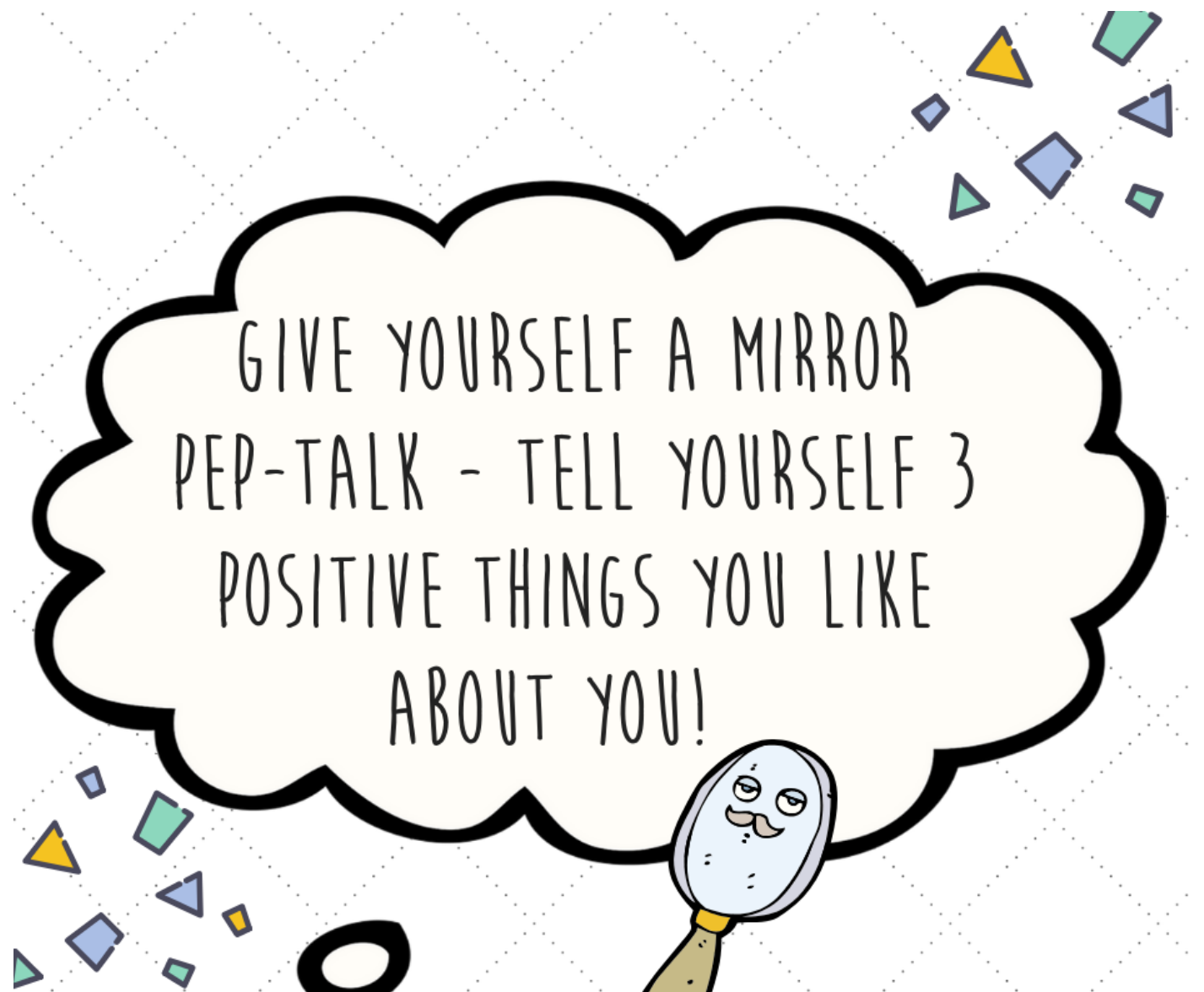
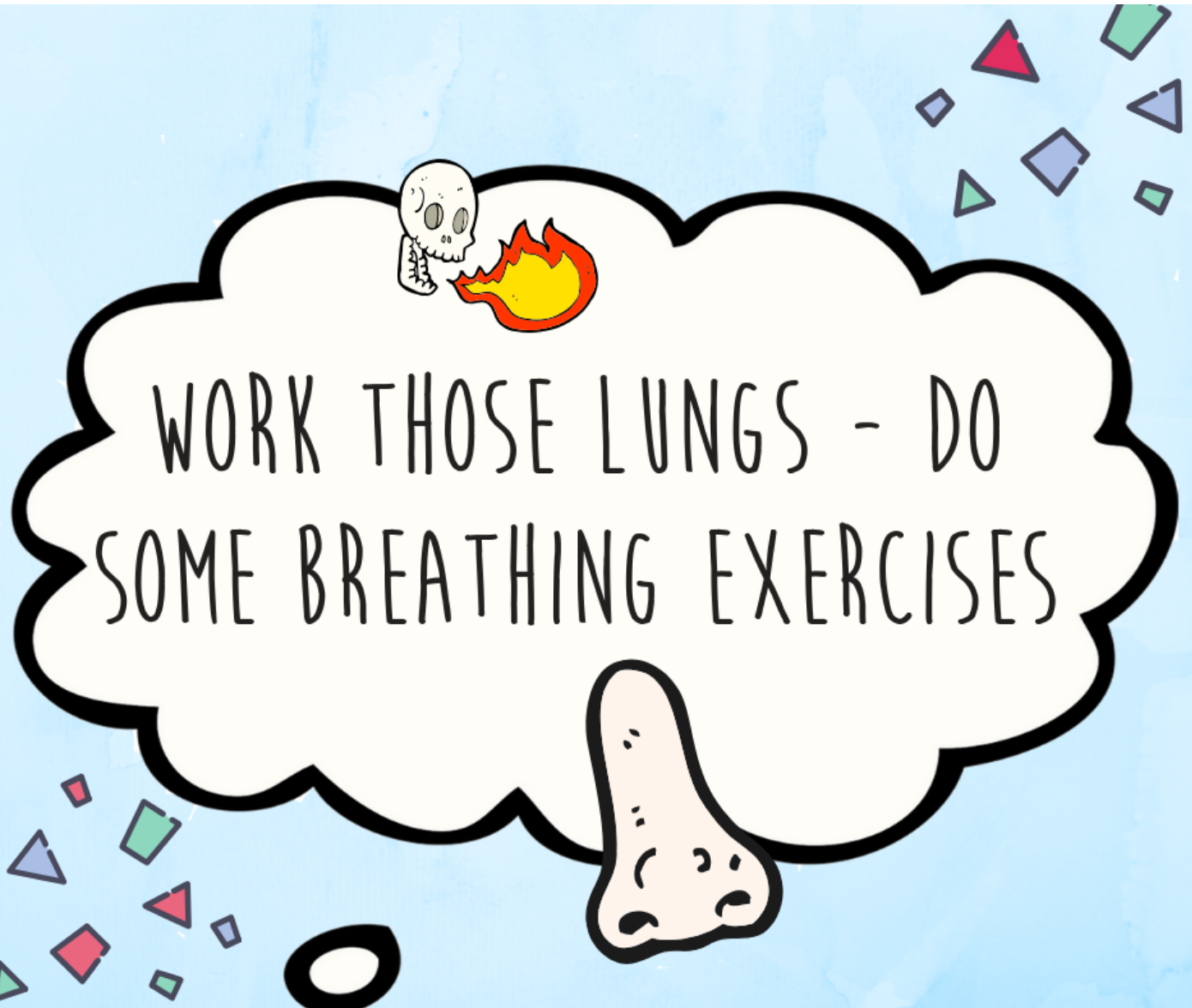


30 THINGS YOUNG PEOPLE CAN DO TO SUPPORT THEIR EMOTIONAL WELLBEING



#WHATSUPSUFFOLK

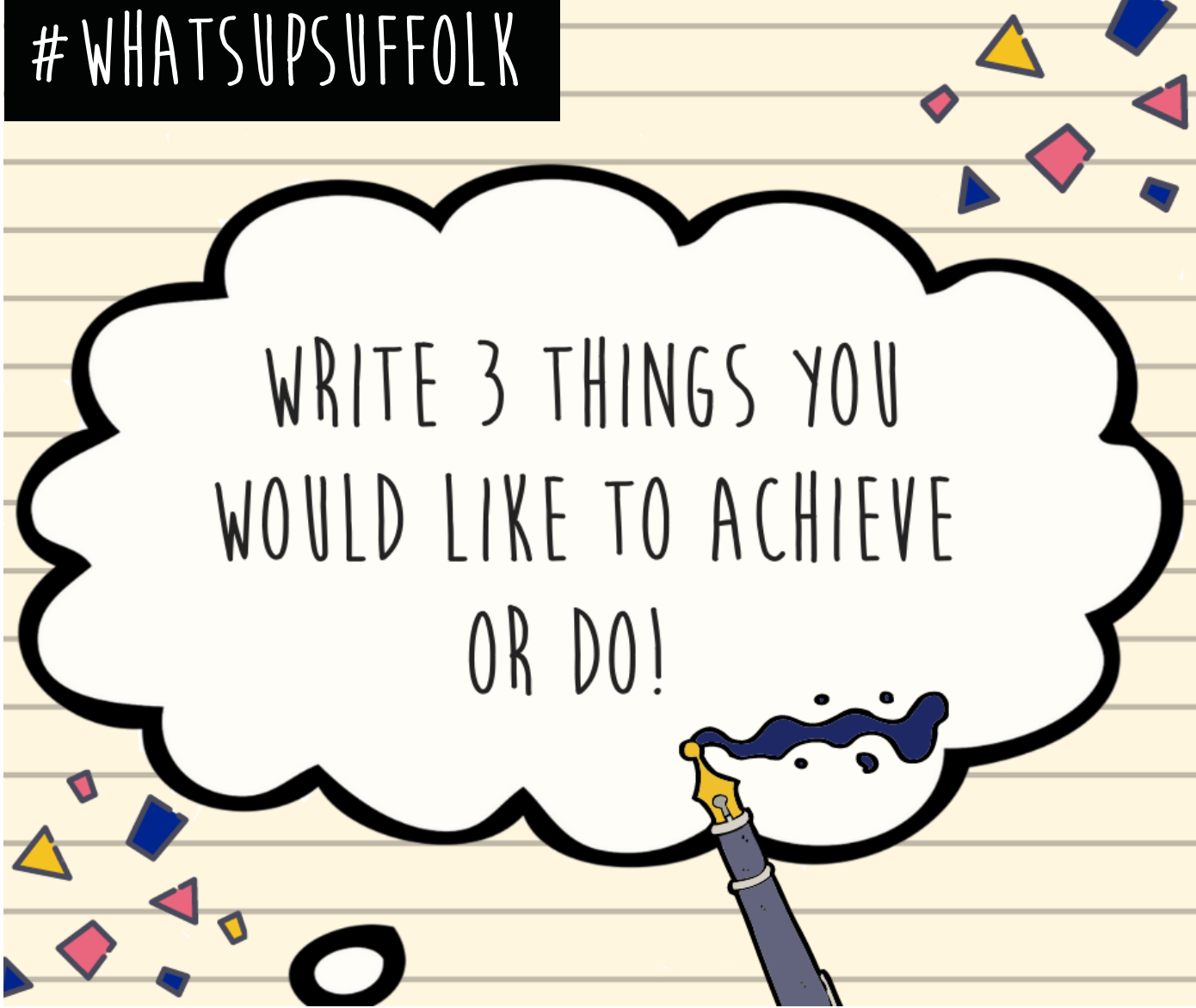


30 THINGS YOUNG PEOPLE CAN DO TO SUPPORT THEIR EMOTIONAL WELLBEING

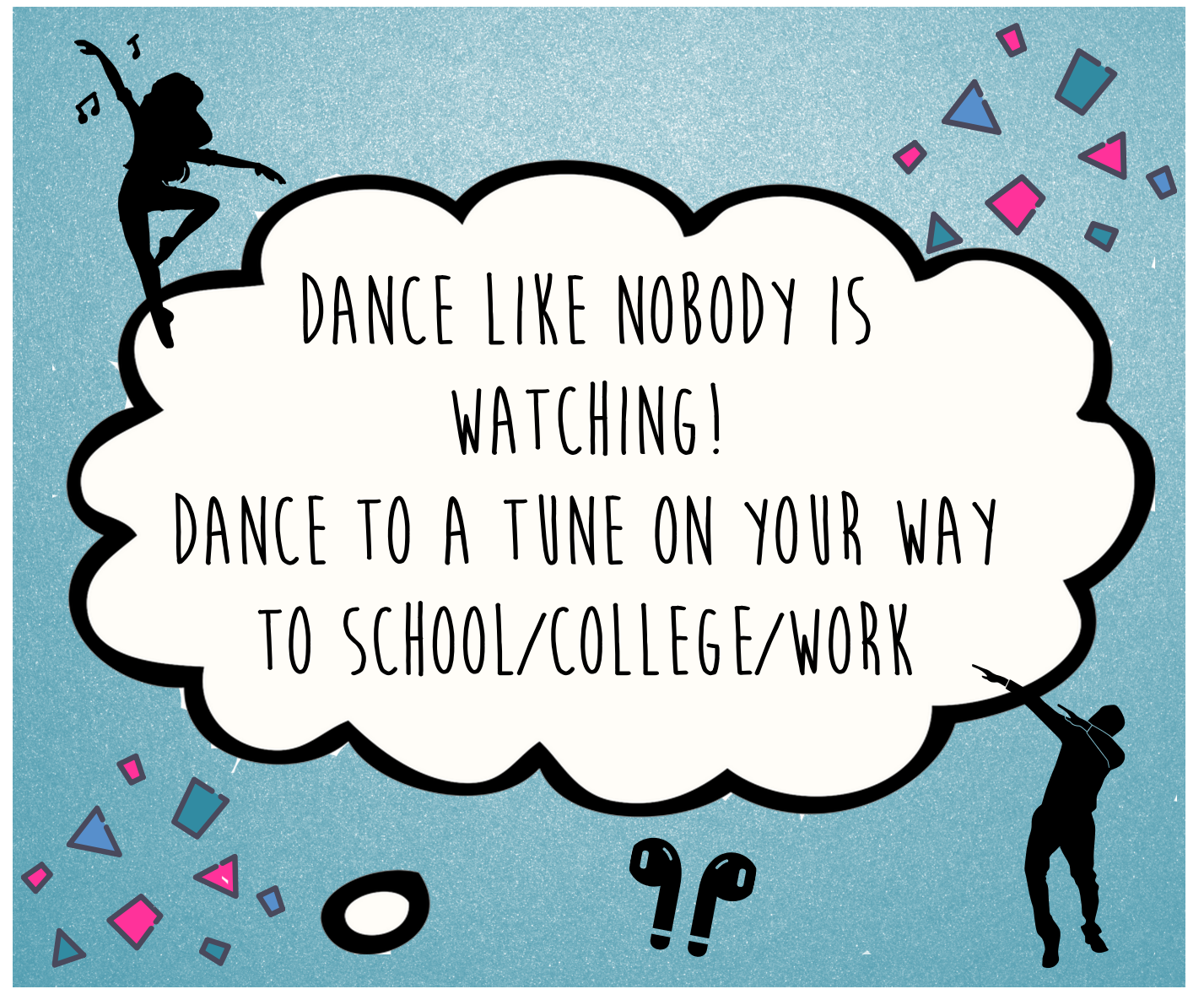


#WHATSUPSUFFOLK

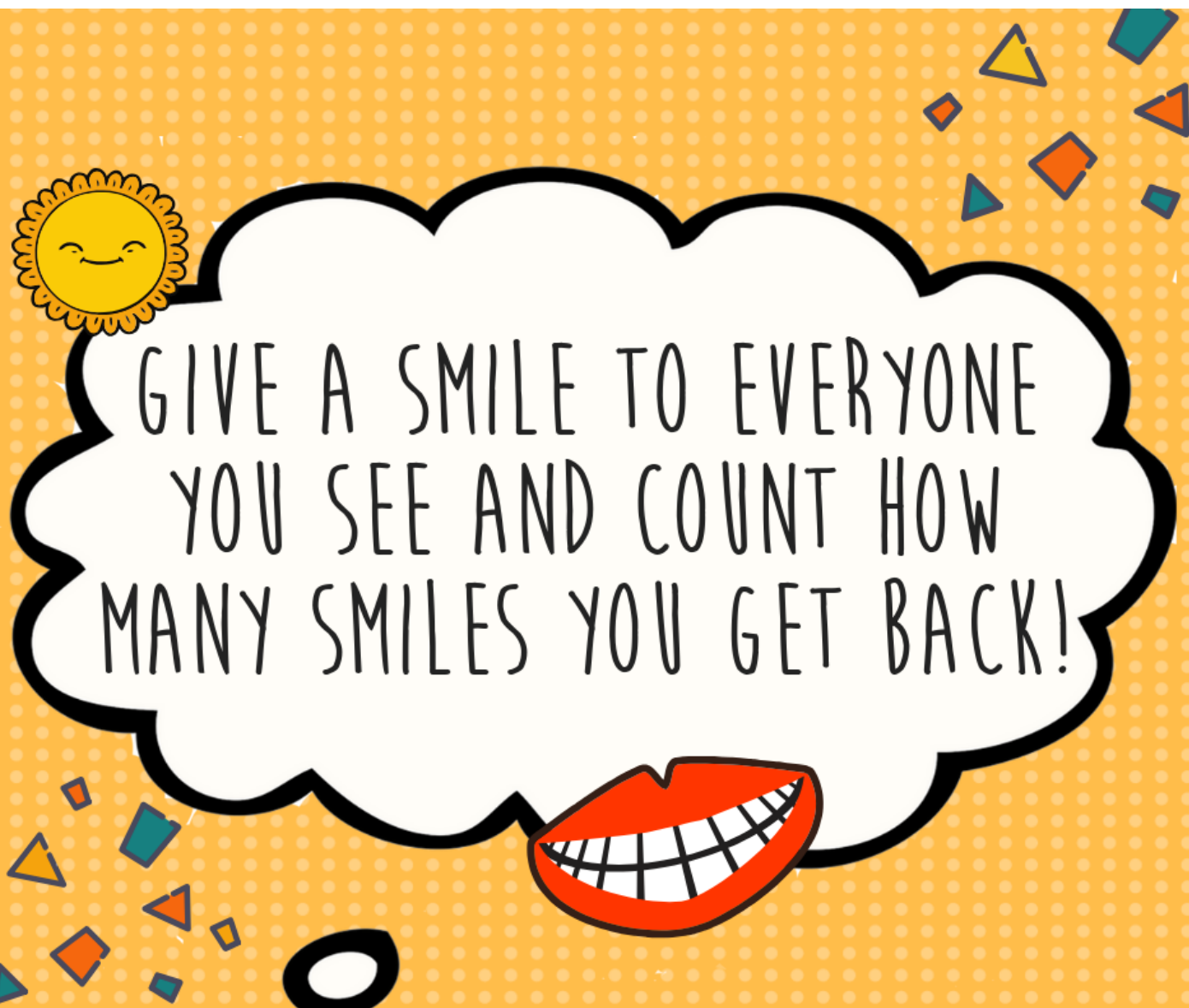
WRITE 3 THINGS YOU WOULD LIKE TO ACHIEVE OR DO!



DANCE LIKE NOBODY IS WATCHING!
DANCE TO A TUNE ON YOUR WAY TO SCHOOL/COLLEGE/WORK



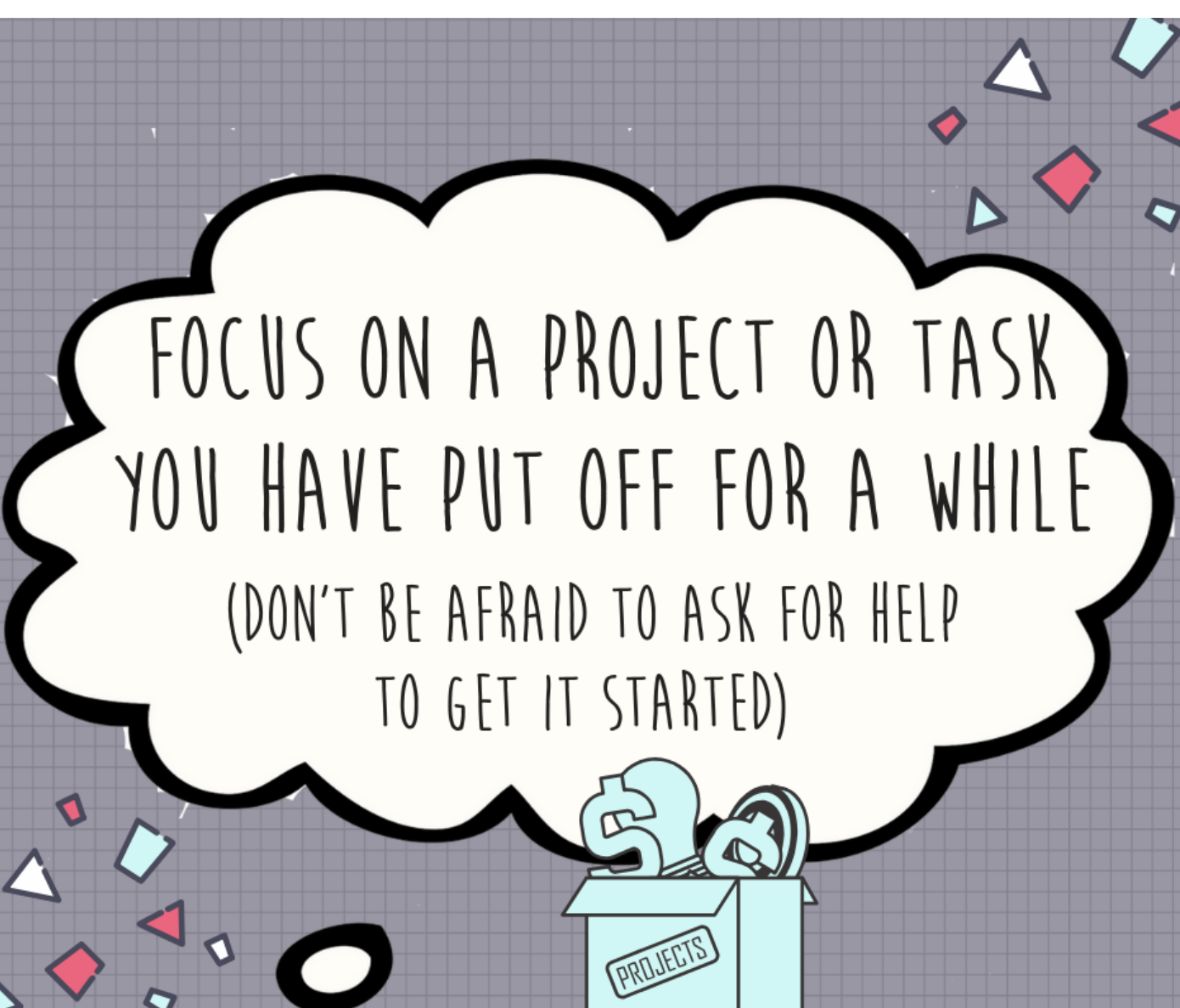
GIVE A SMILE TO EVERYONE YOU SEE AND COUNT HOW MANY SMILES YOU GET BACK!



FIND SOMETHING THAT MAKES YOU LAUGH SO MUCH THAT YOU CAN'T SPEAK!



FOCUS ON A PROJECT OR TASK YOU HAVE PUT OFF FOR A WHILE
(DON'T BE AFRAID TO ASK FOR HELP TO GET IT STARTED)



TRY SOME YOGA OR TAI-CHI



30 THINGS YOUNG PEOPLE CAN DO TO SUPPORT THEIR EMOTIONAL WELLBEING



#WHATSUPSUFFOLK

MIX IT UP - GET OUT OF YOUR COMFORT ZONE!
TODAY DO YOUR EVERYDAY THINGS DIFFERENTLY

THINK OF 3 THINGS THAT WENT WELL TODAY OR MADE YOU FEEL GOOD?
(THESE CAN BE BIG OR TINY THINGS!)

FIND A BOOK YOU WANT TO READ, OR START WRITING YOUR OWN STORY

DO A GOOD DEED OR OFFER TO HELP SOMEONE

SPEND 30 MINUTES DOING SOMETHING THAT MAKES YOU HAPPY!

STROKE A CAT OR DOG
(MAKE SURE THEY ARE FRIENDLY!)

30 THINGS YOUNG PEOPLE CAN DO TO SUPPORT THEIR EMOTIONAL WELLBEING

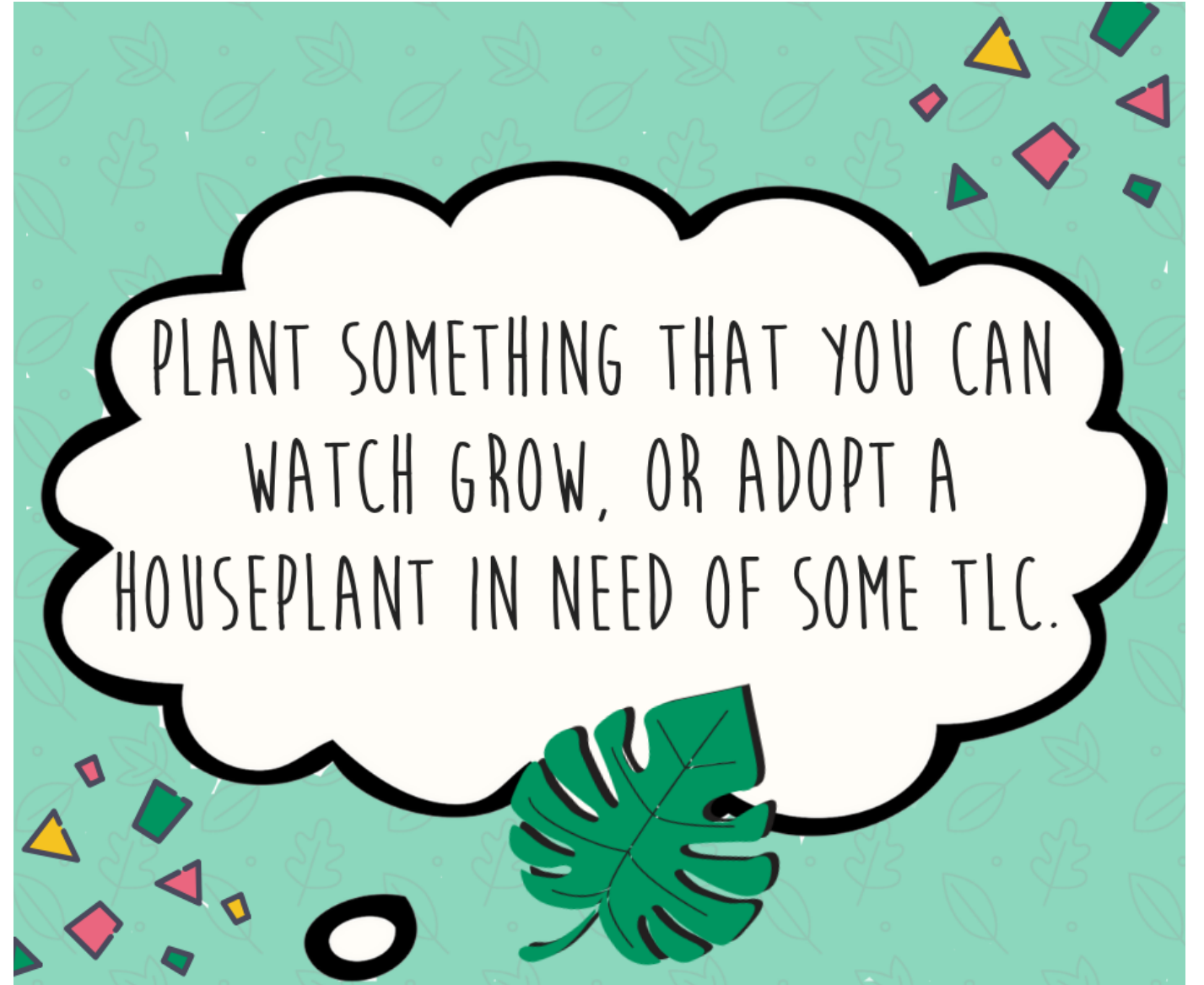


#WHATSUPSUFFOLK

TEACH YOURSELF A NEW SKILL!



PLANT SOMETHING THAT YOU CAN WATCH GROW, OR ADOPT A HOUSEPLANT IN NEED OF SOME TLC.



MAKE SURE YOU GET MORE THAN 6 HOURS SLEEP TONIGHT



COOK YOURSELF A HEALTHY MEAL (WHY NOT SHARE IT WITH A FRIEND OR FAMILY!)



I LOVE ME YOU'RE REALLY IMPORTANT. TAKE TIME FOR SOME SELF-CARE... CHANGE YOUR BED SHEETS, TIDY YOUR ROOM, CUT YOUR NAILS, WASH YOUR HAIR, AND EAT SOME FRUIT



TELL SOMEONE HOW YOU FEEL!

ARE YOU FEELING DOWN, WORRIED, STRESSED OR ANXIOUS ABOUT SOMETHING?



30 THINGS YOUNG PEOPLE CAN DO TO SUPPORT THEIR EMOTIONAL WELLBEING



#WHATSUPSUFFOLK

