

Wellness Wednesday Wellbeing Menu

Senior Classes

Wellness Wednesday

Our Mental and Physical Health are connected with one another and it is vital to our overall wellbeing to pay attention to and look after both.

Before reading on, can you think of positive things that you already do to look after your body and mind?

Ms. O'Rourke has recorded a beautiful, guided meditation for you. Check out the website and find a comfortable place to relax and enjoy it!

Wellbeing Choice Menu

Talk about the positive things you are already doing to look after your mental and physical health.

Choose one way that you could improve each of the following areas in your life, in order to look after your health and wellbeing.

Discuss this with someone in your family. Try to encourage another person in your family to do this checklist too!

It is great to start improvements with someone else so you can support one another!

Sleep

Physical Activity

Relaxation

Talking things through

Nutritious Food