

Social Wellbeing:

- ♦ Meet up with friends
- ♦ Not talking about work when out
- ♦ Being present in the moment
- ♦ Have something/plans to look forward to
- ♦ Get a change of environment
- ♦ Going away or a change of scenery
- ♦ Check in with a friend
- ♦ Join a club
- ♦ Have a phone conversation with a friend
- ♦ Walk the dog

Psychological Wellbeing:

- ♦ Being present in the moment
- ♦ Connecting with others
- ♦ Taking a different route on the way to work
- ♦ Adding plants to the environment
- ♦ Self-affirmations in the mirror
- ♦ Keeping a clean and tidy environment
- ♦ Visiting a new place to shop/for lunch
- ♦ Get a good nights sleep
- ♦ Eat well
- ♦ Be positive

Developmental Wellbeing:

- ♦ Take part in exercise
- ♦ Complete a CPD course
- ♦ Take up a new hobby
- ♦ Understanding and learning about yourself
- ♦ Learn different strategies to cope
- ♦ Learn a new recipe
- ♦ Listen to a podcast
- ♦ Set yourself a new challenge
- ♦ Take on a new responsibility
- ♦ Make a list
- ♦ Read a book

Health and Wellbeing at Meadow Farm Community Primary School

Physical Wellbeing:

- ♦ Go for a walk/walk to work
- ♦ Take exercise regularly
- ♦ Self-care (nails, facial, hair, massage, spa)
- ♦ Meet other people (lunch, shopping)
- ♦ Have a break in the day away from different distractions
- ♦ Go home from work on time
- ♦ A clean environment and tidy space
- ♦ Turn up, be on time and punctual
- ♦ Drink water
- ♦ Do some gardening
- ♦ Aim for 10,000 steps

Our staff wellbeing charter:



At Meadow Farm we recognise that there are five aspects of wellbeing: social, psychological, developmental, physical and emotional. These aspects link closely to the five ways to wellbeing.

*The points highlighted in green are ways that can be related to work at Meadow Farm.

Emotional Wellbeing:

- ♦ Giving time to family and friends
- ♦ Giving time for yourself/self-care
- ♦ Giving yourself space
- ♦ Giving gifts
- ♦ Giving compliments
- ♦ Smiling
- ♦ Using manners
- ♦ Do something nice for a friend
- ♦ Volunteer your time
- ♦ Offer support to someone
- ♦ Notice when a friend is in need and leave them something they like