

What's good and bad for my wellbeing?

To improve and maintain your wellbeing, you need to be aware of what helps your wellbeing and what reduces it.

This awareness can help you avoid people, places and things that can get you down. It can also help you realise what makes you happier and feel good within yourself.

Take 15 minutes to think about what's good and bad for your wellbeing and fill in the boxes below. A few examples are provided below to get you started.

People good for my wellbeing & why	People bad for my wellbeing & why
e.g. Nathan always makes me smile	e.g. Holly says things about me behind my back



Places good for my wellbeing & why	Places bad for my wellbeing & why
<p>e.g. The park. Going for a walk there clears my head</p>	<p>e.g. Stephanie's house because I can never relax there</p>



Things that are good for my wellbeing & why	Things that are bad for my wellbeing & why
<p>e.g. A massage because it releases tension in my body</p>	<p>e.g. Alcohol because I always sleep badly after I drink</p>

