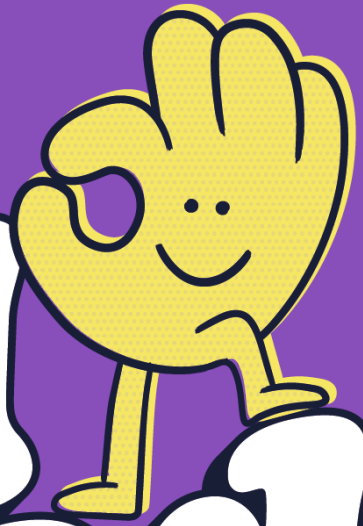


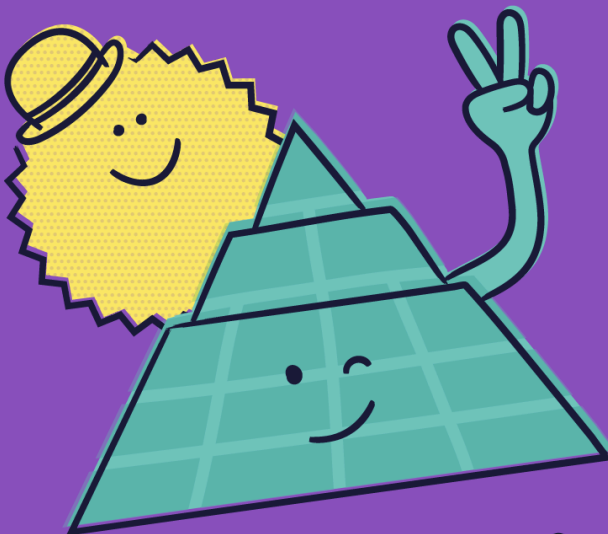
5 ways to

feel good



My Personal Plan to Feel Good

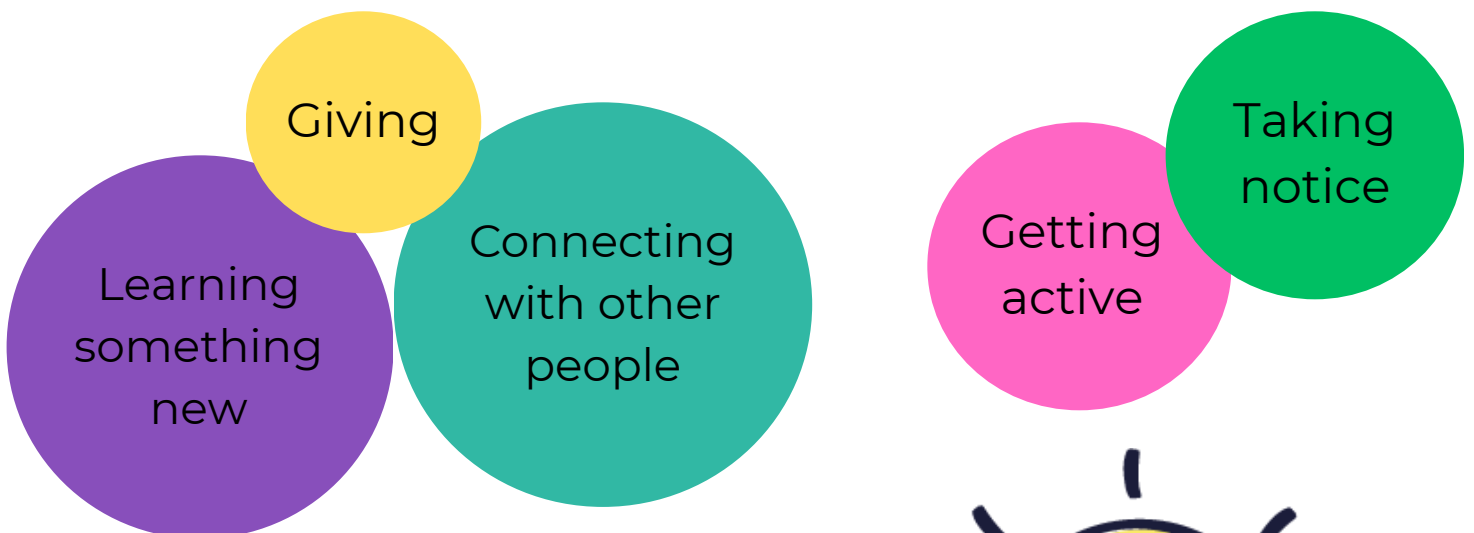
for young people



How are things going?

Whatever you're going through – the 5 Ways to Feel Good are simple activities that have been scientifically proven to boost your mood, helping you to feel more positive and get more out of life.

To watch the video below, visit <https://www.healthystockport.co.uk/topic/5-ways-to-feel-good>, or scan the QR code.



This personal plan is full of information and ideas to inspire you and help you make the 5 Ways part of your weekly routine. See the back page of this booklet for more information.





Connecting with other people

There's strength in numbers

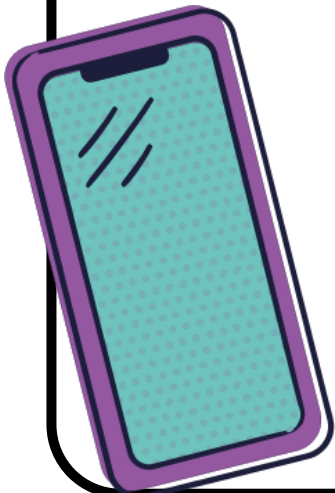
- Go to the cinema with some friends.
- Make time for your family by sitting together to eat a meal.
- Sit next to someone in your class that you don't know so well, you might make a new friend.

"I connect with other people in school by talking to my friends every day. And I connect with others outside school by doing sports, talking to family and friends. This is good, I feel like I'm not alone and it makes me feel better"

Over to you

What do you enjoy? What would you like to try?

Write here...



Getting active

Unless you like football, it doesn't have to be football!

- Fit more movement into your week: get off the bus a stop early, dance to your favourite songs while the adverts are on TV.
- Challenge your friends to a 'most steps per day' competition.
- Find an online game that encourages you to be active.

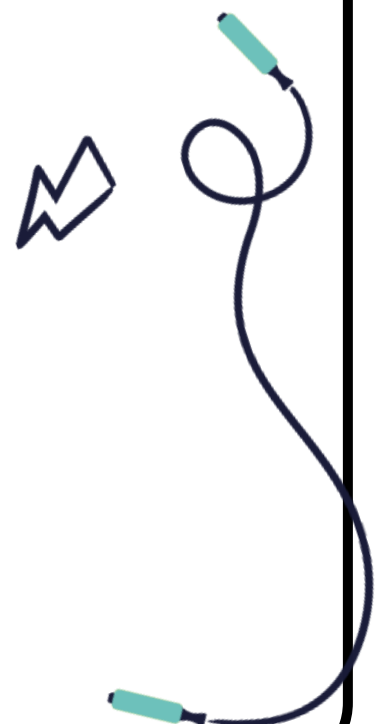
"I get active in school by walking to and from lessons and when I'm outside during break and lunch. I get active outside of school by going to the gym a couple of times a month with my Dad."



Over to you

What do you enjoy? What would you like to try?

Write here...





Learning something new

Never too cool for school

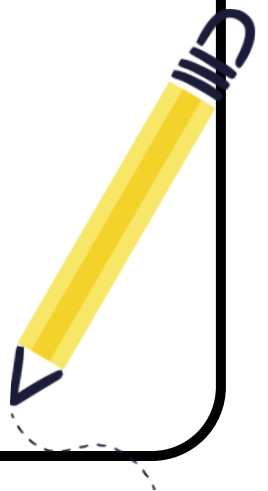
- Learn all the words to a song you like.
- Try a new food or learn to cook a new recipe.
- Have a day out to keep you learning: try one of Stockport's Museums.

“When you learn something new, it makes you feel more accomplished. I learn something new by going to cheerleading, getting a new skill. It makes you feel good about yourself because you know you’re getting better at the sport you like.”

Over to you

What do you enjoy? What would you like to try?

Write here...





Giving

Caring really does count



- Drop someone a line, just to say thank you or that you appreciate them.
- Take part in thank the teacher day.
- Help around the house - wash the dishes or do some dusting.

“Inside of school, I helped people raise money by doing the Santa dash... I like giving up time to people who aren't feeling that good to make them feel better. Outside of school I like to help others by holding doors and raising money.”



Over to you

What do you enjoy? What would you like to try?

Write here...





Taking notice

Stop and smell the roses

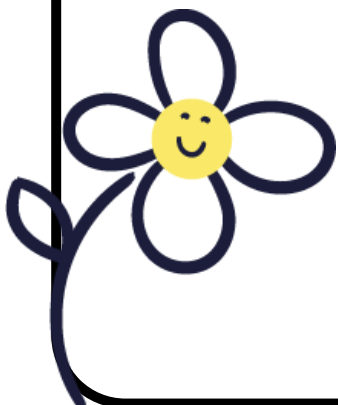
- Look what you can see out of your window and how it changes.
- Try some calming techniques to stay in the moment: cuddle your pet, listen to music or use a sensory aid.
- Keep a notebook about the little things you're grateful for and remember to enjoy everything you have.

"I take notice in school in PSE because we learn about the less fortunate and people who don't really have much. It makes me feel grateful for things I do have, and the people around me."

Over to you

What do you enjoy? What would you like to try?

Write here...



The video below shows other young people talking about the things they do to take part in the 5 Ways. Visit <https://www.healthystockport.co.uk/5-ways-to-feel-good-video> or scan the QR code to watch.



Introducing the 5 ways to wellbeing!

What are young people already doing in Stockport for their wellbeing?



Stockport LISTEN Youth Summit 2025



Find out what's on in Stockport

There might be something that helps you in the 5 Ways to Feel Good. The Stockport Live Well directory page (<https://www.stockport.gov.uk/directories/one-stockport-live-well-directory>) and the R-time website (<https://www.lifeleisure.net/r-time-stockport/>) are a great starting point.



If times get tough and you want more help



Download the free app Kooth to access support from other young people and professionals.

PAPYRUS provides confidential suicide prevention advice. You can contact their HOPELINE247 by calling 0800 068 41 41 or you can text them on 88247.

Visit the Healthy Stockport website www.healthystockport.co.uk for more support.

