

## Personal Development Project: *My Own Well Being*



Your new project for this fortnight is about your well-being.

This could be especially useful right now, when the change in our lifestyle might make us feel a bit negative at times.

Have a look at the links - at least some of them, and see what you can learn about your own well-being.

Make notes of any links or ideas for activities that might help you.

Be brave, and have a go at the 3 minute Body Relax activity - tell us how it went.

You can email comments about what you've done to your tutor, and talk about it with friends or family, and at college when we're all back in again. Take care.

About Feeling Anxious:

<https://adexecollacuk.sharepoint.com/sites/student-wellbeing/SitePages/Anxiety-First-Aid-Kit.aspx>

Email support with Exeter College support - WHAM:

<https://adexecollacuk.sharepoint.com/sites/student-wellbeing/SitePages/Changes-to-Wellbeing-Support-Coronavirus.aspx>

This link below is a very easy to follow App – for mobile phone or PC. It's called ThinkNinja.

It needs a bit of personal information to register first – name, age, email address and a password, so make sure you are happy with what you're putting in. I've had a go and it seems very good.

I went through Google Play on my phone and that worked well, but I'm sure the other way of getting it is fine too:

<https://www.healios.org.uk/services/thinkninja1>

Taking a break / Relaxing:

<https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/>

Body Relax 3 minute activity (give it a go!):

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)

Believe in Yourself / Thinking Positively:

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>

Looking After Your Well-Being in Isolation:

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/#staying-connected>

