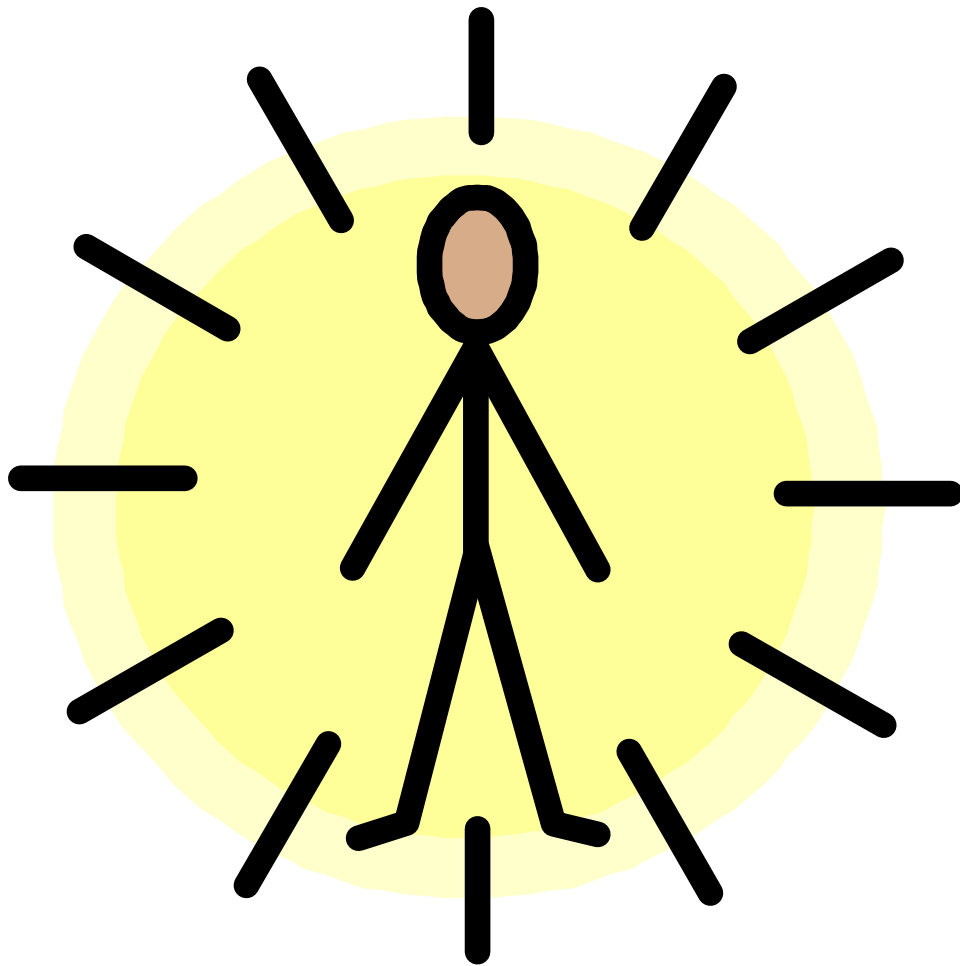


Symbol Book



Well Being

Created in partnership between



Dr Jerricah Holder
Educational Psychologist

Well Being

Symbol Book

Published by Widgit Software

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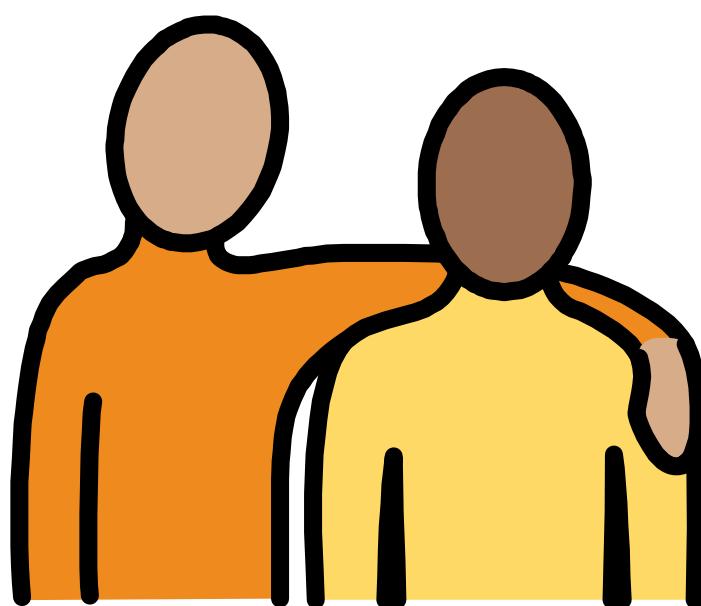
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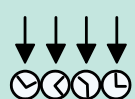
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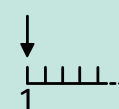
=



Being kind to yourself means looking after your well being.



Always remember that you need looking after too.



Thinking about how you feel is an important first step.



You can find strategies to cope with difficult emotions.



Well being includes all areas of health.



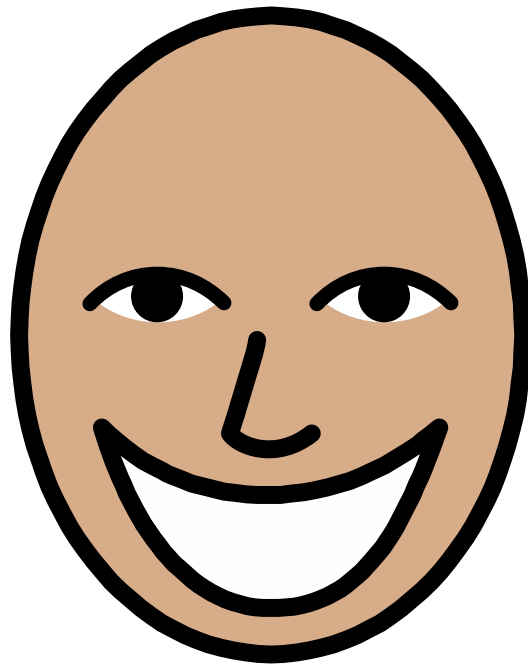
Well being includes physical, mental and emotional health.



It is important to look after all these areas.



Looking after all these areas will help maintain healthy well being.



=



Well being means being happy, healthy and comfortable.



Think about what makes you happy.



It might be being with your friends and family.



It might be playing a game you like.



Think about what helps you to feel healthy.



This



can be



eating



healthy foods.



This



can be



spending time



outside



walking.



This



can be



exercise

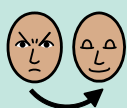
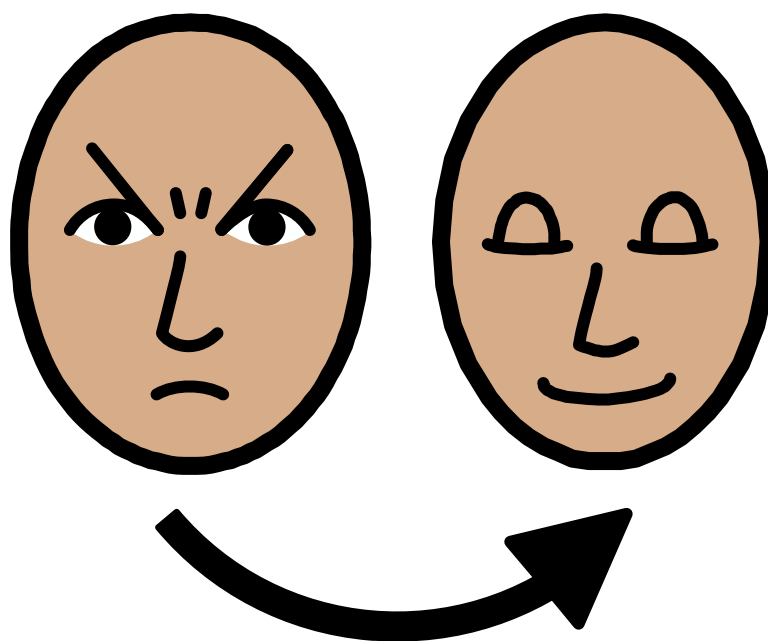
and a



good night's



sleep.



Feeling relaxed



can



help



you to feel



comfortable.



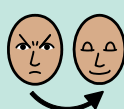
What



helps



you to feel



relaxed?



You can



breathe



calmly

or



do some calm colouring.



You can



spend time with

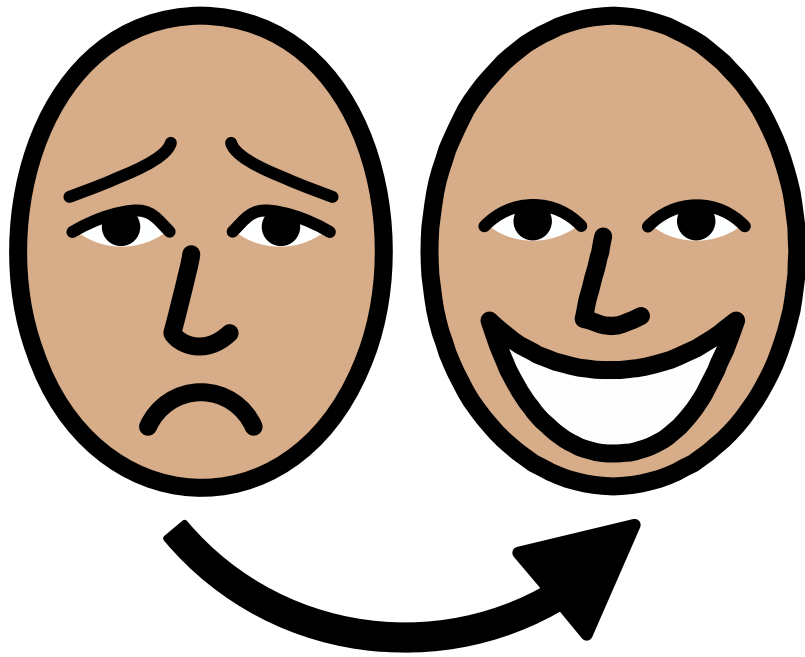


a pet

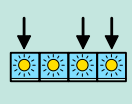
or a



best friend.



Understand what makes you feel happy and healthy.



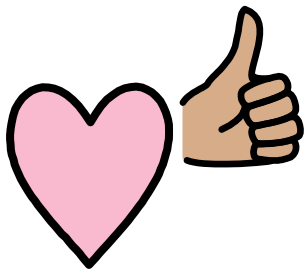
You can make sure you do what makes you happy and healthy often.



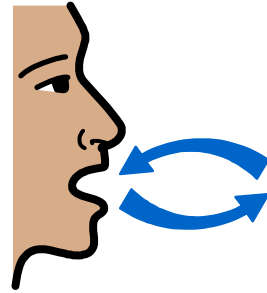
Ask for help if you still don't feel better.



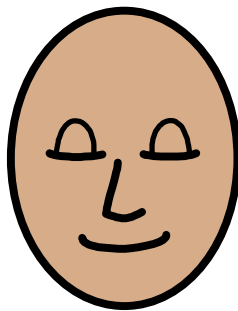
Asking for help is a way to be kind to yourself.



be kind



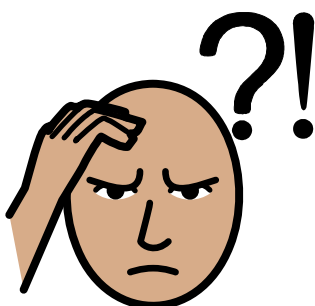
breathe



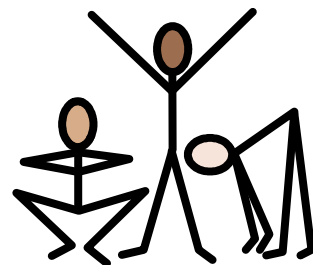
calm



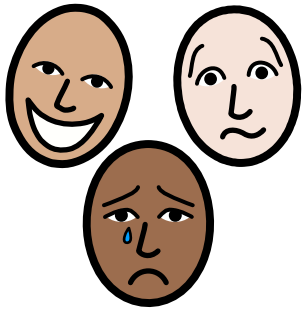
comfortable



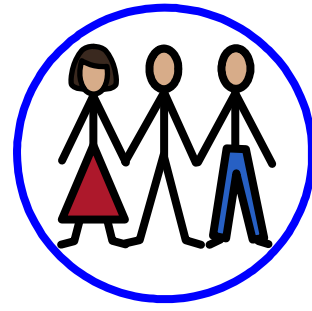
difficult



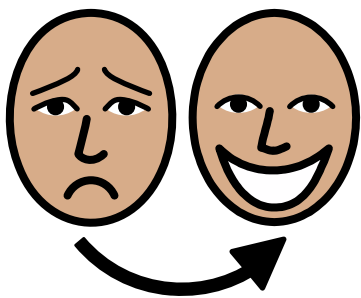
exercise



emotions



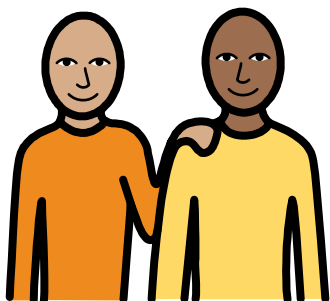
family



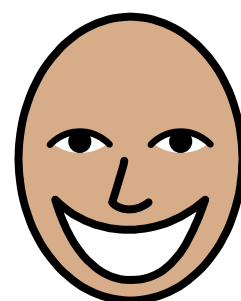
feel better



feelings



friends



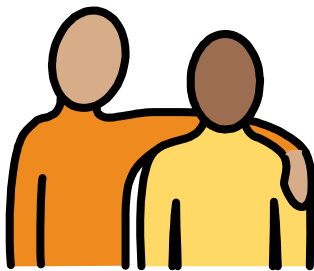
happy



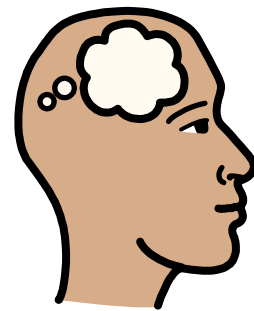
healthy



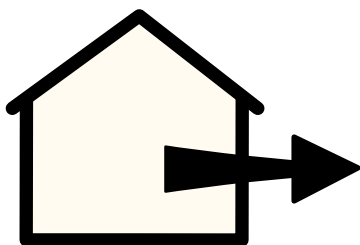
healthy foods



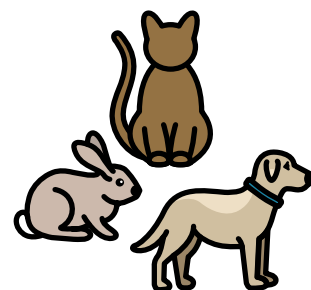
look after



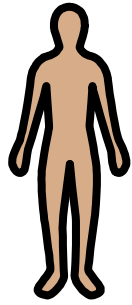
mental



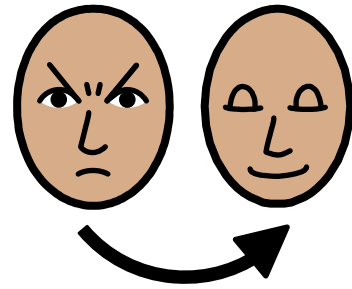
outside



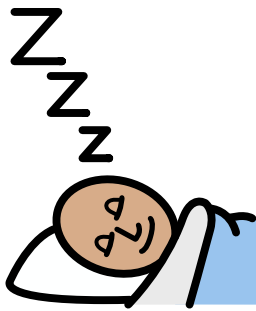
pet



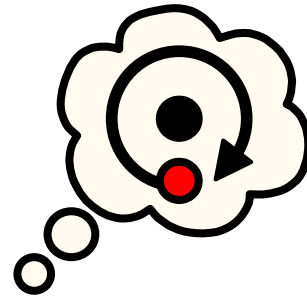
physical



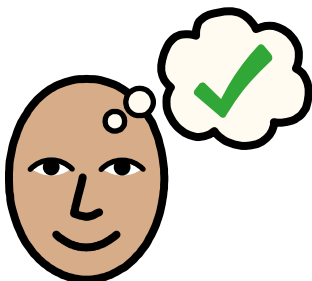
relaxed



sleep



think about



understand



well being