












# Wellbeing Steps

*...Looking after ourselves is essential not optional*

The wellbeing package at Heathfield is underpinned by themes which have been identified as supporting a person's wellbeing. These themes run through student, parent and staff input to ensure a cohesive approach and common language.

<p>Sleep</p> 	<p>Exercise</p> 	<p>Friends and Family</p> 	<p>Eating the right food</p> 
<p>Purpose in life</p> 	<p>Listen to music</p> 	<p>Gratitude and Kindness</p> 	<p>Learn something new</p> 
<p>Recognise emotions</p> 	<p>Time in nature</p> 	<p>Mind wandering</p> 	<p>Mindfulness</p> 