



Ways to well-being



Getting More Involved
- a young person's guide to health and well-being



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What is well-being?

Well-being may be a word that you have heard before but you may not be sure exactly what it means. This guide will tell you more about it and get you thinking about your own well-being.

The Welsh Government has a well-being statement for young people who need care and support. You can check out the well-being statement here:



Well-being means that you are doing well in all areas of your life. This means being happy, healthy and safe.

The young people we worked with described well-being as feeling good about yourself and having positive influences in your life. They felt if they had high levels of well-being, this had a positive effect on other things such as school work, general health, confidence, getting a job, becoming independent and having healthy relationships.



Article 31 under the UNCRC says that you have a right to relax and play.

The Social Services and Well-being (Wales) Act 2014 says that you have a right to care and support if you need it. The Act also talks about the importance of your well-being. You can find out more about your rights and the Social Services and Well-being Act in the Children's rights, health and well-being guide.



What improves our well-being?

We asked young people about what things helped in keeping them happy, healthy and feeling good about themselves. Here are the things they told us:

- **Friends** - the people around you make a difference to the quality of your life. Having good friends can have a really positive influence. Having somebody to talk to, laugh with or share worries with can all help increase your well-being.
- **Space** - it is really important to have some time for yourself. Life can be busy but listening to music, reading, going for a walk or spending time with your pets can all help you to relax and feel calmer.
- **Hobbies** - trying something new and learning new skills by taking up a hobby can help increase your confidence and self-esteem. Hobbies can be done on your own or in a group, whether it be singing, football, baking, drama, weight lifting or drawing can all help.
- **Giving back** - doing something nice for somebody and giving back to your community can increase your confidence and happiness. You don't need to do anything big, small changes can make a big difference. You may be thinking about volunteering to get some new skills!
- **Positivity** - focusing on the good things in your life and what is happening right now can be helpful. It is easy at times to get a bit lost in our memories of the past or worries about the future but talking to somebody you trust about how you feel can all help you stay positive and feeling good.
- **Exercise** - you don't need a lot of money to exercise. Swimming pools and gyms can be great fun but getting out for a walk or playing football in the park with friends can also be fantastic options for getting fit, healthy and well. If you are a young disabled person, you can contact [Disability Sport Wales](#) for some information and advice about what is available in your local area.



This list is just a starting point.

You probably have your own ideas about what things you could do to increase your well-being.

What are your ways to well-being?

Get creative and think about your own ways to well-being.



People who make me feel safe:

Things that I enjoy doing:



My ways to well-being

Ways I can 'give back':

Things that help me feel calm:

