A screenshot of a cell phone

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AN INTRODUCTION TO:

Health and Wellbeing

**@INGEUSYOUTH**

Introduction

At NCS, we care about young people looking after their health and wellbeing. NCS is an opportunity for young people to blow off steam after the stress of GCSEs and general school stress. It is important to look after your health and wellbeing, as young people you are exposed to some major life changes and decisions and can often forget to take care of yourself.

This guide will lay out activities on how to keep yourself motivated and how to look after your health and wellbeing.

The Activities

1. Build Me Up Buttercup (5mins)
2. Road to Success (10/15mins)
3. Taking Care of Your Wellbeing (10/15mins)
4. Wordsearch (10/15mins)
5. Motivational Video (10 mins)

Useful websites to help take care of your Health and Wellbeing

<https://youngminds.org.uk/>

<https://what0-18.nhs.uk/health-for-young-people>

<https://www.nutrition.org.uk/healthyliving/lifestages/teenagers.html>