**Taking Care of Your Wellbeing**

*Work through this Health and Wellbeing quiz linked below, and then fill in the follow up questions on this worksheet.*

[Health and Wellbeing Quiz](https://docs.google.com/forms/d/e/1FAIpQLSfIiN-dWhxHqbHIHHq-F-F7df-X-qf79NBEc_1oX0VR1WsCvA/viewform?usp=sf_link)

Follow-up questions:

1. What 3 things are you going to change to take care of your wellbeing?

 1.

2.

3.

1. Name 3 things that you learnt from the feedback sections of the quiz:

1.

2.

3.

1. Name 3 news things you learnt from your further research:

1.

2.

3.