



# TSHLC Student Wellbeing

Try and complete the following Easter wellbeing challenges.

## Connect

Arrange to meet a friend for a walk in the park

## Be Active

Make a resolution to improve fitness by taking up a new physical activity – can you create something with an Easter theme?

## Take Notice

How much time you spend on screens. Aim to reduce this if more than 4 hours per day.

## Keep Learning

Discover how the brain works and how it links to mindfulness in this TED talk.

## Give your TIME

Give time to your own well-being. Create time for quiet activities.

## THOUGHT OF THE WEEK

*but those who*  
HOPE IN THE LORD  
*will renew*  
THEIR STRENGTH  
*they will soar*  
ON WINGS LIKE EAGLES  
*they will run and*  
NOT GROW WEARY  
*they will walk and*  
AND NOT FAINT

*Lukas 40:31*

As we are in Holy Week, identify one thing that you are hopeful for in the future.

## Further Reading

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>



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