

Sybil Elgar School | Our Transdisciplinary Team Newsletter

Wellbeing

Wellbeing can be linked to a number of different benefits including improved physical, social and emotional. Trying these things could help people feel more positive and able to get the most out of life.

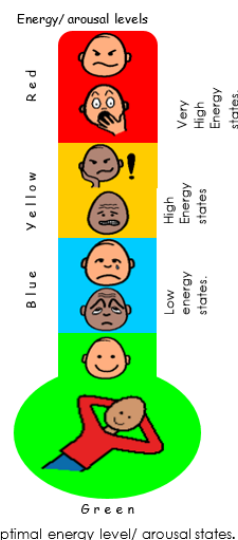
- Physical **wellbeing**: Being physically active can help you lead a healthier and happier life.



- Social **wellbeing**: Healthy relationships can impact us mentally and physically. They can help us live longer, manage stress, and become healthier.



- Emotional **wellbeing**: Emotions can play an important role in how we think and behave. People who are emotionally healthy are in control of their thoughts, feelings, and behaviours. Thermometers or emotions visuals can help young people to self-regulate.



Website:

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>



Contact:

0208 8139168



Email:

Sybil.Elgar@nas.org.uk

