

Become a Wellbeing Champion

The Coronavirus pandemic has hit young people hard. Some have missed out on end of term celebrations or exams and others have been separated from their loved ones. It's been really tough. Despite this, Scouts have said that they want to take practical, hands on action to create a better tomorrow for everyone. Mental health is more important than ever, but that stigma still gets in the way of talking about it.

Over the next few weeks, the Scout Association will be creating 10,000 Wellbeing Champions: people who have committed to help tear down the taboo around mental health and boost people's wellbeing.



Young people can get stuck in by themselves, without any leader support (if you're under 13, you may need some help from a parent or carer to take part). The great news is that everyone can become a Wellbeing Champion: over the age of 18's can get involved too. Read on to find out a bit more and [Click here](#) to read the full information on the Scout website.

Step 1 – Learn

The first step to becoming a Wellbeing Champion is understanding what wellbeing is, why looking after your wellbeing is important, and what sorts of things affect wellbeing.

Mental wellbeing is about how you're feeling right now, and how well you can cope with daily life. Our wellbeing can change from moment to moment, day to day, or month to month. Sometimes it changes because of things that happen to us and sometimes it changes for no reason. It can affect the way we feel about ourselves and others, and about things we face in life.

Step 2 – Take Action



Learn all about the five ways to wellbeing and how to be a good listener then it is time to use your new skills to have a conversation to help tear down the mental health taboo.

You could talk to family, friends, neighbours, or people you know from clubs. You should only ever talk to people you know and feel comfortable chatting to.

Step 3 – Become a Wellbeing Champion

Now you have learned about wellbeing and taken action to help tear down the taboo, it is time to become a Wellbeing Champion. Log your action to get your certificate, do's and don'ts card with reminders of what you've learned and further support links, and social media graphics to show the world you are a Wellbeing Champion, committed to tearing down the taboo on social media.



Activities to explore the Five Ways to Wellbeing...

Explore the five ways to wellbeing with 25 ready-made activities – [click here](#) to view the activities to help you:

Connect - Feeling close to and valued by other people is really important. It doesn't matter how old you are, social relationships help wellbeing and act like a buffer against mental health problems.

Be Active - Regular physical activity helps people of all ages. Sometimes it's nice to be alone, but you could also use being active to connect with other people.

Take Notice - When you can, slow down and really focus on what you're doing. Giving things your full attention can help you feel calm and enjoy the moment.

Keep Learning - Learning something new can help you feel proud of yourself.

Give - Research shows that just doing just one act of kindness a week for six weeks is associated with an increase in wellbeing.

Log your action...

Complete the online form to register and share with other the actions you took to become a Wellbeing Champion – [Click here](#).

Order your Pin Badge from Norfolk Scouts...

After becoming a Wellbeing Champion, order a pin-badge from Norfolk Scouts by your leader emailing Karen at Norfolk HQ.

The Scout Association is working in partnership with others for the Wellbeing Champion programme:



Mind – is here to make sure no one has to face a mental health problem – find out more about Mind [here](#).

SAMH – has been around since 1923 and is Scotland's mental health charity – find out more [here](#).



Inspire – is a social enterprise working with people living with mental ill health – read more [here](#).