



Dubai National School AlBarsha

Department of Innovative Inclusion Practices and Counseling Services

Happiness and Wellbeing Promotion Strategies

✓	Strategy No.	Description of Happiness and Wellbeing Strategies
<input type="checkbox"/>	HWG-1	Share – Don't keep things bottled up. Talking about your feelings with friends, family or your school tutor is not a sign of weakness but of taking charge of your own wellbeing.
<input type="checkbox"/>	HWG-2	Balance Studying with Other Activities – Participate in humanitarian services, wellbeing clubs and some master class students clubs for Innovations and follow your passions and keep up your hobbies. You need a break from your regular classroom learning.
<input type="checkbox"/>	HWG-3	Accept Who You are – You are unique, don't compare yourself to other people. Each person is on a different journey and following their own path.
<input type="checkbox"/>	HWG-4	Give to Others – Helping others makes you feel better about yourself, even something as small as a smile, a thank you or a kind word, Take a look at volunteering opportunities in UAE.
<input type="checkbox"/>	HWG-5	Keep in Touch with Family and Friends – You will make lots of new friends but it is important to keep contact with people who care about you and know you well.
<input type="checkbox"/>	HWG-6	Get Active – Regular exercise, gym, games and sports activities can boost your self-esteem, help you concentrate and improve your sleep. Walk, cycle, play or try something completely. It is great way to boost your wellbeing and make new friends
<input type="checkbox"/>	HWG-7	Eat Healthy – There are strong links between what we eat and how we feel. Eat regular meals and make sure you get some fruit and veg in every day.
<input type="checkbox"/>	HWG-8	Sleep Well – Sleep is important to your physical and mental health. Sleep improves memory and concentration, reduces stress and anxiety. If you are falling in 4 -18 years of age group, then you need 9 - 13 hours of quality sleep.
<input type="checkbox"/>	HWG-9	Unplug – Switch off phones and social media for the time it is not necessary. A change of scene is good for mental health. Go for a walk, sit, think and breathe fresh air.
<input type="checkbox"/>	HWG-10	De-stress before Bed – Have a cool or warm shower or bath (not hot), download and listen to something relaxing like Tilawat-e-Quaran and take time out from other activities before trying to sleep. Don't read, watch tv or use smartphone in bed.
<input type="checkbox"/>	HWG-11	Visualize a Scene or Landscape that has Pleasant Memories for you - Stop any unwanted thoughts and focus your mind on the pleasant scene or landscape.
<input type="checkbox"/>	HWG-12	Practice Optimism – Research have shown that optimists are generally healthier and enjoy greater longevity of successful life. They are also less likely to face anxiety and depression.
<input type="checkbox"/>	HWG-13	Reinforce Self-Discipline – Learning how to intentionally delay gratification and exercise self-discipline can help students experience greater success in life. It can also facilitate greater learning and social skills in adolescence. Research shows that children who are self-disciplined and don't succumb to every temptation are more likely to experience greater happiness in Life. This important skill can be instilled in children by establishing routines, enforcing rules, and providing rewards and consequences for keeping or breaking the rules.
<i>Inspirational Quote</i>	<i>If you don't like something, change it. If you can't change it, change your attitude. Don't complain – Maya Angelou</i>	