

## What is wellbeing and why should we care about it?

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 at all. **It** can affect the way we feel about ourselves and others, and about the things we face in our lives.

**it** refers to \_\_\_\_\_

Every person wants to be happy. But wellbeing is even better as it is a wider concept, **which** covers general feeling of life satisfaction.

**which** refers to \_\_\_\_\_

So, what should you do to improve your wellbeing?

If you're feeling overwhelmed by a stressful situation, try to take a break. A change of scene may help you to relax and relieve feelings of distress, even just for a few minutes. Going for a walk, sitting in the park, working in the garden – take your pick. All those activities are for free, and **they** do not require a lot of effort.

**They** refers to \_\_\_\_\_

Try to make time to do an activity you like on a regular basis. **This** could be cooking a meal, getting in touch with a friend or watching TV.

**This** refers to \_\_\_\_\_

Being active is not only great for your physical health and fitness. Evidence also shows **it** can also improve your mental wellbeing by raising your self-esteem, helping you to set goals or challenges and achieve them

**It** refers to \_\_\_\_\_