



# Why wicked wellbeing?

Life's journey is a colourful tapestry of highs, lows and in-betweens, and as young people, we're well aware of its complexities. In this whirlwind of challenges and triumphs, there's a powerful tool at our disposal: Wellbeing literacy.

Think of wellbeing literacy as a trusted recipe, guiding you to pick the right ingredients to mix flavours of health and happiness. It's not just about being fit or happy; it's about understanding our minds and bodies, making informed decisions, and living our best lives. This way, we can create paths that empower not only us but also others.

We know it's not easy for everyone. That's why we're teaming up with you!



## Unlocking wellbeing skills

You know that feeling when you're scrolling through life, and suddenly something clicks? That's what happened when we stumbled upon wellbeing literacy.

Think about it: in a world where we're taught to code, cook, and crush it at work, how often are we taught to truly understand and nurture our own wellbeing? It's time to change that narrative, and you're the trailblazers making it happen.

Whether you're battling burnout, navigating the choppy waters of adulting, or simply yearning to spread more light in the world, you've realised that understanding wellbeing isn't just a nice-to-have – it's your secret weapon for thriving in this wild, wonderful, and sometimes overwhelming world.



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TRIAL

## ... with young people

We've heard your stories - from conquering anxiety and stress to navigating the rollercoaster of adulting, from wanting to light up the world with positivity to simply figuring out how to be your best self. And you know what? You're not alone. Young people everywhere are realising that wellbeing isn't just some fuzzy concept - it's a superpower we all need to unlock.

I see many issues nowadays with our generation's mental wellbeing, though stigma around mental health has been reduced, support still often feels inaccessible. That is why I feel motivated to explore these topics, to become more capable of helping myself and others.

Angela, 24





# Wellbeing sparks are everywhere

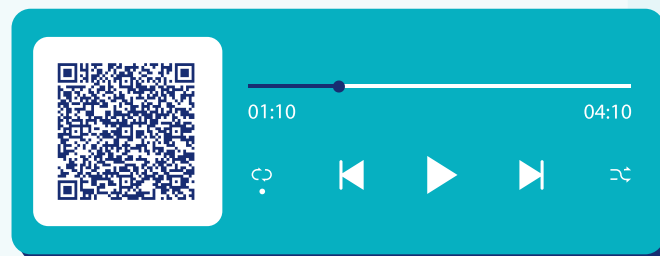
- The lab groove
- My wellbeing elixir
- Exploring lab stations
- Home assignment




## Finding our groove

The Lab Groove is all about exploring wellbeing through movement and music. It's designed to help you connect with your body, express your emotions, and have fun while thinking about what wellbeing means to you.

We'll start by creating a playlist together. Everyone gets to suggest a song that makes them feel good or represents an aspect of wellbeing to them.



Scan to add a song to the playlist



Prepare to share: How do music and movement connect with my wellbeing?



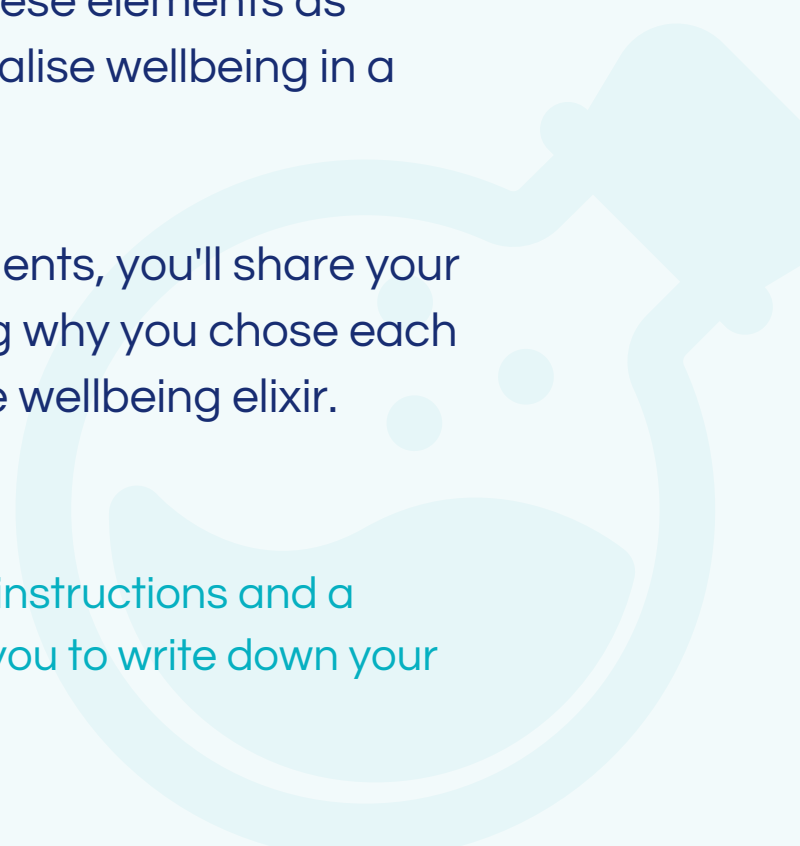
## My wellbeing elixir

In this activity, you'll create your own unique "wellbeing elixir" by choosing three ingredients that represent what wellbeing means to you. These aren't real ingredients, but symbolic ones.

You'll think about what truly matters for your wellbeing and represent these elements as ingredients. This helps visualise wellbeing in a tangible, fun way.

After selecting your ingredients, you'll share your elixir with others, explaining why you chose each component for your unique wellbeing elixir.

In the next pages, you'll find instructions and a 'prepare to share' sheet for you to write down your thoughts and ideas.








## Here's how it works

- Look around. Observe the room or outdoor space around you.
- Go search for objects, materials, or elements in the environment that resonate with your idea of wellbeing.
- Select three items that best represent different aspects of your personal wellbeing. Take your time and choose wisely
- Be creative. The "ingredients" can be anything - a leaf to represent connection with nature, a pen for creativity, a comfortable chair for rest, or even something abstract like a patch of sunlight for warmth and positivity.
- Gather your chosen items (or take photos if items can't be moved).
- Turn the page and prepare to share. Write down why each item represents an aspect of wellbeing to you.



Prepare to share: How does each of my ingredients represent an aspect of wellbeing to me?



## Exploring lab stations

Exploring each others' lab stations is a dynamic way to share and learn about everyone's wellbeing ingredients.

In this activity, you'll transform into both a host and a visitor at your own 'lab station'. Each station represents a unique wellbeing elixir. You might discover ingredients you hadn't considered before or find others who share similar views on what contributes to wellbeing.

Remember, the goal is to learn from each other and expand your understanding of what wellbeing can mean to different people.

The next pages have instructions and a blank space to write down the insights you collected.



## Here's what you will do

### As a host


- Set up your station with your three chosen ingredients
- Prepare to explain what each ingredient represents and why it's important to your wellbeing

### As a visitor

- You'll move around the room, visiting other lab stations
- Listen to your peers explain their ingredients
- Ask questions and share insights
- Turn the page to note down any new insights or inspiration you gain from visiting others' lab stations.



Collected insights and inspiration: Did any of my peers' ingredients surprise me? Would I add some ingredients to my own wellbeing elixir?



End of the session: What new insight about wellbeing surprised me?

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