



# CREDESCENCE CARES A WELLBEING JOURNAL



Welcome to the journey towards holistic wellbeing. Our wellbeing is a precious gift, encompassing our physical, mental, emotional and social health. By embracing a holistic approach to wellbeing, we can create a vibrant and supportive environment where everyone can thrive. So, embrace each day as a step towards a happier, healthier you. Let's make wellbeing a priority, today and every day and embark on this transformative journey together.

- Wellbeing Champion

## 2024 - MAY EDITION

Welcome to our Wellbeing Journal, a dedicated space for nurturing your holistic health. In today's fast-paced world, maintaining a balanced and fulfilling life requires intentional focus on various aspects of wellbeing. This journal is designed to guide you through the essential pillars of wellbeing: physical, social, emotional and digital wellness.

By engaging with this Wellbeing Journal, you are taking a proactive step towards healthier, more balanced life. Use each section to explore, reflect and grow in all aspects of your wellbeing. Remember, wellbeing is a journey, not a destination. Embrace each step with curiosity and kindness towards yourself.

Here's to a journey of growth, balance and wellbeing!

Warm Regards,

Aditi Mishra (11-C) - Wellbeing Secretary

Samaira Arora (10-A) - Joint Wellbeing Secretary

*Greetings  
from CHS  
Family!*

### Credence Cares - 'Celebrating Wellness' Interschool Event

Credence High School conducted an interschool event with the theme 'Celebrating Wellness' for students of Grades 5-8 on 16th May 2024. Wellbeing ambassadors from different schools across UAE participated in this event. The primary objective of the event was to create an atmosphere of joy and positivity where students could celebrate different aspects of wellness through- physical fitness, art, music and dance.



*Wellness  
at  
Credence*



# CREDESCENCE CARES

## A WELLBEING JOURNAL



Our Wellbeing Ambassadors share:



Wellbeing for me is how happy I am with myself. As a wellbeing ambassador, I will always be there to encourage and motivate to choose being happy. I will be there to support good deeds that will make others feel good.

Ayesha Bint Shaheen (2-D)

According to me, the discipline in school is a priority and as a wellbeing ambassador, I can contribute to maintaining the discipline and decorum of school.

George Tom (3-A)

Wellbeing is a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing ambassadors support, lead and implement wellness or mindfulness programs, health promotions or initiatives within a school.

Sahithi Sharma (4-D)

Wellbeing for me ensures that we are physically healthy, emotionally stable, socially connected and intellectually engaged. As a wellbeing ambassador, my contributions would be to provide information on mental and physical health and nutrition, promoting healthy habits in daily life, sharing information about relevant events, workshops and initiatives.

Harshita Singh (5-E)

Wellbeing simply means the level of physical and mental health one has. It includes healthy diet, exercises, adequate sleep, yoga and meditation. As a wellbeing ambassador, I can contribute by conducting short games and activities for the students. I will be a friend, advocate and a supporter to my school mates ensuring an environment where every student grows mentally, spiritually and academically.

Mohammadi Hibah (6-C)

Well-being is a concept that encompasses how you feel about yourself and your life as a whole. It goes beyond simply being healthy; it's a state of thriving that involves your physical, mental, emotional, and social well-being. As a wellbeing ambassador it is my duty to initiate wellbeing in our school environment by introducing mindfulness practices like meditation or deep breathing exercises and implement programs that teach students about emotional regulation, communication and decision-making.

Adhira Arora (7-C)

Wellbeing is a state of being happy and healthy. As a wellbeing ambassador, I would make a blissful, conducive and enriching environment for my peers, try understanding the concerns of my fellow partners and help them overcome their concerns.

Myra Vashishtha (8-B)



# WELL-BEING TIPS

## *SOCIAL*

Maintain and nurture healthy relationships with family, friends, and colleagues. Make time for face-to-face interactions.



## *EMOTIONAL*

Recognize and understand your emotions. Practise mindfulness and meditation to stay present. Use stress relief techniques such as deep breathing, yoga or journaling. Find healthy outlets for relieving stress.

Take care  
OF  
YOURSELF

## *DIGITAL*

Limit your screen time, especially on social media and entertainment apps. Use tools to track and manage your usage. Consider tech-free times or days.



## *PHYSICAL*

Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, plus muscle strengthening exercises twice a week. Your diet must contain fruits, vegetables, lean proteins, and whole grains.



# VOICES OF CREDESCENCE FAMILY

YOU ARE  
enough

Love  
YOURSELF



## STUDENT'S VOICE

“

Wellbeing to me is feeling healthy and happy both physically and mentally. It's waking up every day with happiness knowing that I have the potential for success. Having time to relax, do things I really enjoy, and spend time with my loved ones is the bigger part of wellbeing. It is about balance between work life and personal life.

Farha Jameela Puthalakath (12-D)



## PARENT'S VOICE

“

To me, wellness is all about being healthy physically and mentally. As a mother of two, I've come to understand the importance of taking care of myself first. Whenever I feel stressed, I make it a point to go for a solitary walk, appreciate nature's beauty and express gratitude for everything I have. I also find solace in music, nutritious eating, positive self-talk, ample of sleep and connecting with my parents.

Ms. Priya Nikhil (Parent of Niya Nikhil Das (8-A))



## FROM THE TEACHER'S DESK

“

I maintain my wellbeing by practicing positive affirmations and manifesting good things. I believe in power of attraction, what you think you become.

- Keep yourself active
- Keep your mind positive
- Practice meditation

Ms. Alika Ali (Class Teacher - 4F)



# AT A GLANCE



**BUILDING RESILIENCE -  
LIFE SKILLS SESSION**



**SESSION ON DEVELOPMENTAL  
CHANGES DURING ADOLESCENCE**



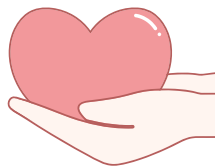
**SESSION ON GOOD AND  
BAD TOUCH**

## REFLECT & REVISE

How often do I  
engage in physical  
activity each week?  
What types of  
exercise do I enjoy?

Do I feel connected to  
my family and  
friends? How can I  
strengthen these  
relationships?

How often do I take  
breaks from digital  
devices? What  
strategies can I use to  
disconnect more  
regularly?



## WELLBEING TEAM:

- Ms. Deepika Thapar Singh : CEO-Principal [Wellbeing Champion]
- Dr. Subhadra Prabhu: Head of Wellbeing-Parent Wellbeing Coordinator
- Ms. Anupama Nair: School Counselor - Staff Wellbeing Coordinator
- Mr. Vijesh V: Head of PE - Wellbeing Coordinator

Hey there, so if you would like to know more about credence cares, please look out to our Website which includes different aspects of wellbeing.

**Credence Cares on School Website**

**#credencecares**  
**10yearsofCHS**

 @credencehighschool

 @credence\_highschool

 @credencehigh

