



Wellbeing in Stirling

The peak

The peak is a local sports and leisure centre. There is a swimming pool, an ice rink, a gym, a climbing wall, a gym haul, many studios and outdoor spaces for sport. Sports classes run all the time, they run fitness classes, dance classes and many more



Stirling University

Stirling university is one of the many places in Stirling that promotes a healthy lifestyle. It is open to the public and it includes things like a gym, a swimming pool and a cinema. There are also lots of nice walks all around the uni campus.



Outdoor Areas

In Stirling, we have a wide variety of outdoor spaces for walks and activities. You can use these spaces to do fitness, hang with friends and to help clear your mind. Parks in Stirling have outdoor gym equipment, also most areas have multi use courts, mostly used for basketball and tennis.

Lastly there are lots of woodland walks, and many hill walks like Dumyat, the Darn walk and the Mine Woods.



School of Sport

Wallace High School offers pupils from S1-S3, a school of sport programme, with School of Rugby, Football, Basketball, Swimming and Dance. It helps people improve their sport skills, mental and physical well being. Lots of pupils are encouraged to take up School of Sport, by the PE staff who run the programmes amazingly.



Wallace High School

Mental Health week at our school provides ways of helping our wellbeing. We can also share these at home which in turn helps the community. Next week is mental health week and this is the theme.....



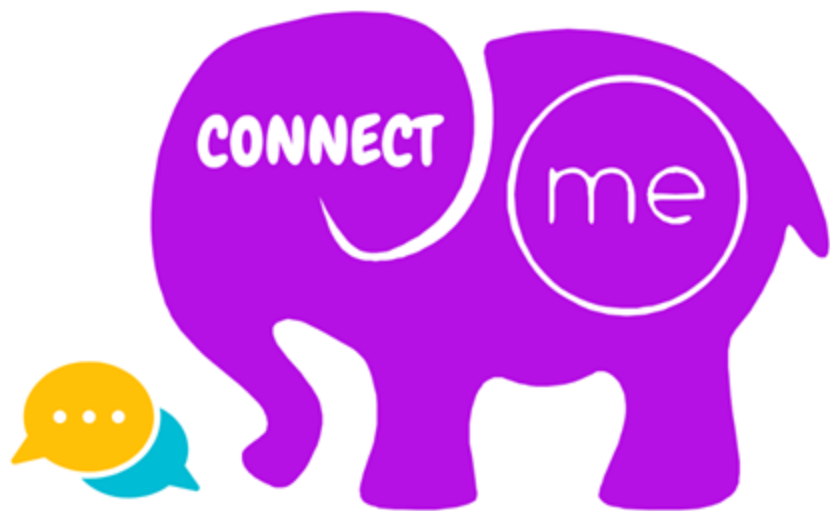


ways to
WELLBEING



**MENTAL HEALTH
WEEK 2023**





**TALKING TO AND SPENDING TIME WITH FRIENDS AND
FAMILY HELPS YOU FEEL MORE CONNECTED.
RELATIONSHIPS ARE VITAL FOR GOOD WELLBEING!**



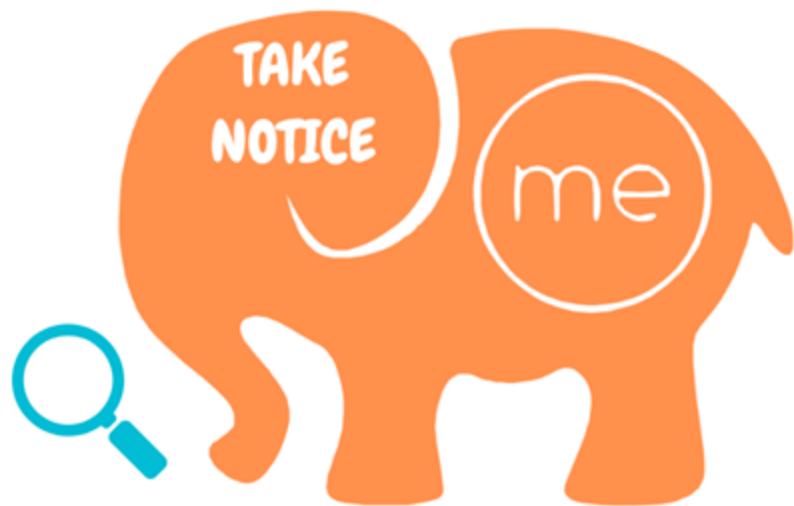
**REGULAR PHYSICAL ACTIVITY HELPS LOWER RATES OF
DEPRESSION AND ANXIETY ACROSS ALL AGE GROUPS.
30 MINS A DAY WILL GIVE YOU A BOOST!**



**LEARNING THROUGHOUT LIFE ENHANCES SELF-ESTEEM &
ENCOURAGES SOCIAL INTERACTION.
SETTING GOALS, PLANNING & ACHIEVING THEM
GIVES YOUR CONFIDENCE A LIFT.**



PEOPLE WHO HELP OTHERS ARE HAPPIER.
BEING KIND, HELPING OUT, DONATING & SUPPORTING
WILL BENEFIT YOU AND THE PERSON YOU ARE HELPING



**STAYING IN THE PRESENT MOMENT CAN HELP YOU
FEEL MORE GROUNDED AND RELAXED.
WE TEND TO WORRY LESS IN THE MOMENT.
AVOID LIVING IN AUTO-PILOT**



MENTAL HEALTH WEEK



- DAILY TG ACTIVITIES
- S1-3 THEMED LESSONS
- BAKE SALE
- TREASURE HUNT S1/2(HWB)
- GUEST SPEAKERS FOR ALL YEARS
- STAFF VS PUPILS CHASE QUIZ
- DRESS DOWN DAY (FRI)



MORE INFORMATION NEXT WEEK!!

Sports clubs

Stirling has many clubs like Stirling County, Knights Basketball and Stirling Albion, and they all promote physical and mental wellbeing. This is a great way to spend your time with friends and enjoy your hobbies. Clubs in the local community.



Cycling / mountain biking

Stirling is a bike friendly town there is lots of areas for mountain biking and tracks near the schools. There are after school clubs for mountain biking. Stirling have been building more cycle lanes in the city, to make the place more cycling friendly, which helps people keep up their physical and mental wellbeing.

Stirling also has many hills and mountains, for mountain biking including places like Dumyat which is one of the most popular places for people to go mountain biking.



Libraries and Coffee Shops

Stirling has many libraries, for mental wellbeing, they are relaxing

