Wellbeing Word Founder, Writer, & Editor:
Amelia McGrath Wellbeing Theme Leader - School Council

Wellbeing Word

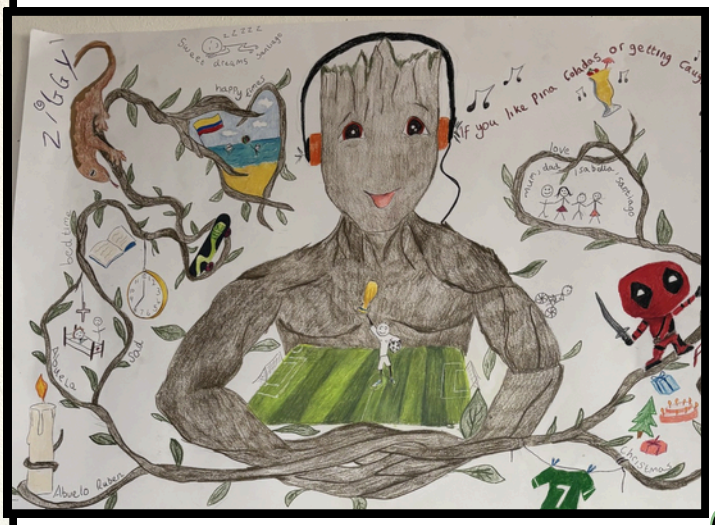
May 2026

What does Balance mean?

Balance is managing your time and energy between work, rest, and hobbies. It's about accepting imperfection and knowing that breaks are essential for success.

Tips

Break your work into smaller chunks and take short breaks in between



Wellbeing Word Founder, Writer, & Editor:
Amelia McGrath Wellbeing Theme Leader - School Council

Wellbeing Word

May 2026

What does Balance mean?

Balance is managing your time and energy between work, rest, and hobbies. It's about accepting imperfection and knowing that breaks are essential for success.

Olivia was a student who always felt overwhelmed at school. She had lots of homework and often felt she was not doing well enough. She stopped talking in class and started to feel lonely during breaks.

One day, her teacher noticed she was quiet and asked if she was okay. At first, Olivia did not want to talk, but later opened up about feeling stressed. The teacher made her a study plan and suggested she join a lunchtime club to meet new people. Slowly, Olivia started to feel better. She made new friends in the club and began managing her schoolwork more easily. She still has busy days but never feels alone. By the end of term, Olivia felt more confident and happier at school. She realized asking for help had improved her well-being.

Written by a yr 8

More tips

- Set a realistic time to stop working in the evening
- Make time for something you enjoy each week
- Notice when you're feeling overwhelmed and pause, rather than pushing through