

5 Ways to Wellbeing

The '5 Ways to Wellbeing' provides us with 5 small ways that we can look to make changes in our daily lives to improve our personal wellbeing. It can also provide ideas and skills to improve our mental health and manage certain conditions. It is based on research collected by Professor Sir Cary Cooper through the *Foresight Project (2008) on how to improve our 'Mental Capital'.

CONNECT

With the people around you, with family, friends, colleagues and neighbours. Connect at home, work, school, or in your local community. Think of these as cornerstones of your life and invest time in developing them. Building these connections will support and enrich your life.

BE ACTIVE

Go for a walk or a run, step outside, cycle, play a game, go dancing or do some gardening. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

GIVE

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and creates connections with people around you.

KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

TAKE NOTICE

Be in the moment. Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



*<https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

5 Ways to Wellbeing

1. What are you doing currently within each of the 5 areas? Are you getting your “5 a day”?
2. What could you start doing differently to improve your Wellbeing?

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3. Challenge Yourself – set yourself a goal or two to make the change happen!

- Goal 1 -

- Goal 2 -

Review this after a week and reflect on the difference!

