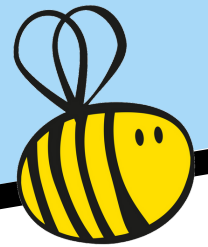


Five Ways to Wellbeing



The five ways to wellbeing are five areas of our lives that we can build up to help ourselves feel better. For each way to wellbeing below, fill in the boxes with what you already do and what new things you would like to try. If you are feeling low, you can come back to this sheet and pick something to try.

BE ACTIVE. Go for a walk, or run, or cycle. Play a game or sport. Dance. Find something that you enjoy and suits your level of mobility and fitness. It doesn't mean you have to try to run a marathon or go to the gym every day. Just 10 or 15 minutes of physical activity a day can make a difference to your mental wellbeing.



What do I do already?	What more would I like to do?



CONNECT. With people around you – family, friends, neighbours – at home, work, school, your local community. If you've become a bit isolated, you may find it difficult to connect with people. You don't have to throw a big party. Try to build a better relationship with just a few people to start with. It is worth spending some time and effort to build up your connections. Reach out to them – call or text, arrange a visit or find something to do together.

What do I do already?	What more would I like to do?

TAKE NOTICE. Be curious about what's around you. Notice the changing seasons. Think about how you can be creative. Be aware of your feelings and reflect on your experiences. To take notice is to be in the present, in the 'here and now', and to be aware and mindful of your surroundings, to be alert to what is happening around you. It can mean pausing, even for a brief period, to spend some time in silence and reflect on your experiences.



What do I do already?	What more would I like to do?



KEEP LEARNING. Try something new or pick up an old interest. Do a course to learn new information or a skill, to learn to play a musical instrument or paint. Think about more informal ways of learning. You could ask someone to show you how to cook their favourite food or how to fix a bicycle. You can learn from reading, listening to the radio, watching television or youtube videos. What's going on locally that may be interesting to visit or take part in?

What do I do already?	What more would I like to do?

GIVE. Do something nice for someone. Just thanking someone or giving them a smile can make you and them feel good. Volunteer your time for a local group. Some people find giving easy, but don't find it so easy to receive – whether gifts or compliments. If you know it makes you feel good to give, then when you accept something you know it's good for the person who's giving to you too.



What do I do already?	What more would I like to do?