

## Five Ways of Wellbeing

Evidence suggests there are five simple steps you can take to help improve your mental health and wellbeing. These are: connect, be active, take notice, keep learning and give.

### Connect

Having good relationships with those around you can benefit your mental health. Positive social relationships promote feelings of being valued and supported which leads to better wellbeing.

Good relationships can help you:

- Improve your sense of belonging and improve your self-worth
- Allow you to share positive experiences with others
- Provides you with emotional support whilst also offering you the opportunity to support others.

Things to can try to improve connections with others include:

- Talk to someone either face to face or on the phone rather than send a text or an email.
- If possible, make regular time to spend with your friends and family
- Have lunch with a colleague

### Be Active

There is evidence to suggest that being active is great for both your physical and mental health especially if you can exercise outside. It doesn't have to be very intense to have a benefit - just walking around the block can have a benefit.

To get more active try:

- Going for a walk at lunchtime - go with a friend to boost the wellbeing factor
- Take the stairs not the lift
- Look for local keep fit activities that you may enjoy such as dancing or swimming

### Take notice

Research has shown that paying more attention to the present moment can improve a sense of wellbeing. Some people call this "mindfulness". What it means is taking the time to enjoy the moment and the world around you.

Try:

- Taking time to stop and look at living environment around you.
- Taking 5 minutes every so often just to stop and take deep breaths, stretch and calm your mind
- Taking a few minutes each day to "check in" with yourself. Have you drunk enough water today? Did you sleep well last night? Is there a task you have been putting off that is making you feel anxious?

### Learn

Research has shown that learning something new can improve your mental wellbeing by boosting your self esteem and confidence. It can also help you give you a sense of purpose with clearly defined goals to achieve. You can try:

- Signing up for a short course on a subject that interests you.
- Trying new hobbies that challenge you such as learning to paint
- Researching your family tree.

### Give

It has been reported that those individuals who help others are more likely to describe themselves as happy. Giving creates positive feelings and a sense of reward. It also helps you connect to others.

Try:

- Volunteering for a local group
- Offering to help someone with a task
- Spending time with people that you know need support

Evidence suggests that a small improvement in wellbeing can help to decrease some mental health problems and also help people to flourish so by incorporating these 5 steps into your day-to-day life can really make a difference.