

Five Ways to Wellbeing

The New Economics Foundation states “the concept of wellbeing comprises of two main elements: feeling good and functioning well.”

Examples of positive mental wellbeing:

- Feelings of contentment, enjoyment, confidence and engagement
- A good level of self-confidence
- A good level of self-esteem
- Feeling that you can do what you want to do
- Positive relationships
- Resilience to cope with difficult situations/experiences
- Curiosity

Feeling overwhelmed at the current situation is entirely normal – this is an unexpected and unprecedented time. Finding ways to look after ourselves and protect our mental wellbeing is important. The Five Ways to Wellbeing provides a useful framework to help us think about what we can do to help us be kind to ourselves, feel more in control and protect our wellbeing during this time of uncertainty

Five Ways to Wellbeing





Connect: maintaining our connections is very important. Social distancing means that we might not be able to physically see our friends and family, but there are different ways we can connect with others. Regular telephone or video calls with people can help us feel connected.

Be Active: Taking time each day to do something physical can have positive effects on our mental wellbeing. Do an activity that you enjoy – it might be getting outside for a walk or bike ride or you might prefer to take part in an online exercise class. Keeping active each day can help lift our mood and we can feel a real sense of achievement.

Take notice: with life at a much slower pace now, it is an ideal time to take notice of our surroundings. Finding ways to be present in the here and now really helps us take notice, so you might try colouring or drawing. Here are some useful resources:

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

Keep learning: learning new things can help keep our mind active and provide distractions. Following a new recipe or learning a new yoga pose – it can be anything and everything that takes your fancy! There are some additional Recovery College Online resources:

www.recoverycollegeonline.co.uk from our colleagues in Tees, Esk and Wear NHS Trust. Setting simple goals each day, something to look forward to or work towards can help immensely.

Give: being kind to yourself and others is especially important at the moment. Simple things like saying thank you. If you are able, you might help out a friend or neighbour with their shopping or you may feel able to volunteer within your local community. Finding ways to connect with your local community can be incredibly rewarding.



Example of a weekly plan:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CONNECT	Facetime with friends		Call family member	Chat with neighbour over the fence		Cuddle with the cat	
BE ACTIVE	Gardening		Lunchtime walk		Online yoga class		Morning jog
TAKE NOTICE	Relaxation practice			Mindfulness practice – using a Podcast		Listening to calming music	
KEEP LEARNING		Bake cupcakes	Learn a new dance move - YouTube		Knitting		Follow a new recipe for Sunday lunch
GIVE		Donate to food bank	Wave at neighbour	Post a card to a friend to let them know you're thinking of them		Bubble bath – being kind to myself	



Use this table to help you think plan out how you can incorporate the Five Ways to Wellbeing into your daily activities. It can be difficult to distinguish between the days, but planning in activities can give us something to look forward to and a sense of empowerment and achievement. You might want to do one activity per day, alternatively, you might want to incorporate all of the Five Ways to Wellbeing everyday – do what you can at your own pace:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CONNECT							
BE ACTIVE							
TAKE NOTICE							
KEEP LEARNING							
GIVE							