

The 5 Ways to mental wellbeing Information Leaflet 3

Hopefully, some of you will have heard of, or been involved with the 5 Ways to Wellbeing, but, what are the 5 Ways to Wellbeing?

The 5 Ways to Wellbeing are a series of steps that you can take to help you achieve a sense of peace and inner calm. They are as follows:

Contact

It is vital to us all that we communicate with others. Isolation can be a devastating thing for some people, and leads to a complete sense of loneliness, giving rise to many of the symptoms as outlined in the Information Leaflet -*Recognising some of the Symptoms of Mental Health Problems*. But how do we communicate with others? Sadly, in the digital age we can end up relying upon our phones and computers for our social interaction. However, why not taking time out to;

- Talk to someone instead of sending an email
- Speak to someone new
- Ask somebody how their weekend was, and really listen when they tell you



Be Active

- Regular physical activity is good for you!
- Regular physical activity is associated with lower rates of depression and anxiety across ALL age groups and for slowing age related cognitive decline.
- Take the lift not the stairs
- Go for a walk

Take Notice

- Live in the present
- Take notice of your colleagues/family – how are they feeling?
- Enjoy the moment and the environment around you

Learn

- Why not learn something new today? Learning something new is good for stimulating the mind!
- Research – about something you are interested in is good for focussing the mind.
- Do a crossword, jigsaw or puzzle – always good for keeping the mind active.



Give

- Be aware of what is going on in your local community, perhaps you might be interested in joining in with a local initiative or group?
- Research has shown that committing just one act of kindness once a week brings an increase in wellbeing



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