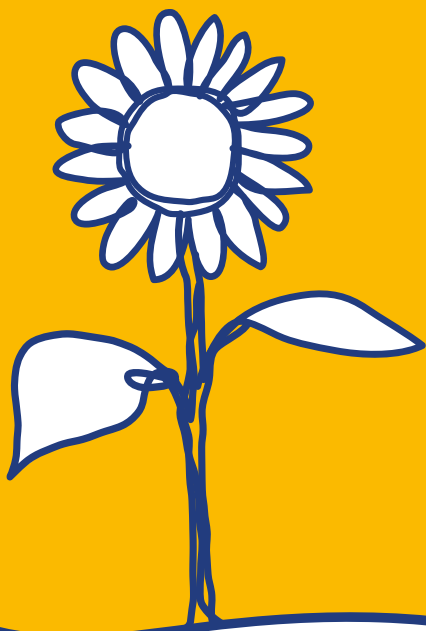


The five ways to wellbeing



The following steps have been researched and developed by the New Economics Foundation.

Connect

Building and maintaining positive relationships with people can be an important part of wellbeing. Spending time around positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

For example:

- talking to someone instead of sending an email
- speaking to someone new
- asking how someone's weekend was and really listening when they tell you
- joining a local group to meet new people
- giving a colleague a lift to work or sharing the journey home with them.

What do you currently do to connect?

Set a goal to connect

Give

Giving can be a great way to look after your wellbeing. People who show a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your goal gives something back to your community.

For example:

- volunteering your time
- joining a community group
- doing something nice for a friend or stranger
- thanking someone.

What do you currently do to give?

Set a goal to give

Keep learning

Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby, sign up to a course or try learning a new skill, such as playing a musical instrument.

For example:

- finding out something about your colleagues
- signing up for a class
- setting up a book club
- doing a crossword or Sudoku
- researching something you're interested in
- learning a new word.

What do you currently do to keep learning?

Set a goal to keep learning

Be active

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

For example:

- taking the stairs not the lift
- going for a walk at lunchtime
- walking into work – perhaps with a colleague – so you can 'connect' as well
- getting off the bus one stop earlier than usual and walk the final part of your journey to work or home
- doing some 'easy exercise', like stretching, before you leave for work in the morning.

What do you currently do to be active?

Set a goal to be active

Take notice

Take time during your day to be more aware of your surroundings and notice the present moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling. It can help you appreciate what's going on around you.

For example:

- getting a plant for your workplace
- switching off technology, such as your mobile phone
- taking notice of how your colleagues are feeling or acting

- taking a different route on your journey to or from work
- visiting a new place for lunch.

What do you currently do to take notice?

Set a goal to take notice



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