

Supporting your family's wellbeing



Understanding wellbeing

Mental wellbeing describes your mental state – how you are feeling and how well you can cope with day-to-day life.

Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

This leaflet will give you some ideas around how to support wellbeing in your family in five easy steps, making it fun for everyone involved.



The five ways to wellbeing

The five ways to wellbeing have been researched thoroughly, and there is lots of evidence to show that they can improve our ability to feel good and function well.

Connect

...with people around you, your family, friends, colleagues and neighbours.

Put five minutes aside to find out how a member of your family really is. Spend time strengthening those relationships.



Be active

...by doing something you can all enjoy together.

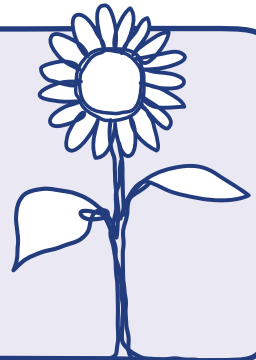
You don't have to go to the gym to be active. Take a walk, spend some time gardening or do an activity such as cycling, or having a kick about in your local park.



Take notice

...by being more aware of your surroundings and what is happening right now, for example the changing seasons, or sights on your way to school or work.

Ask your child what was good about their day.



Keep learning

...by trying something different.

Start a 'word of the day' wall, try a new recipe together, or research something that interests you as a family.



Give

...to others, to feel good yourself.

Say something kind, help each other out, do something nice for a friend or family member, volunteer as a family or support a local charity.



[mind.org.uk](https://www.mind.org.uk)

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