



## 5 Ways to Wellbeing

The Five Ways to Wellbeing are a great place to start keeping mentally and physically well. The Five Ways are daily acts that can benefit your mental health and wellbeing. They can be adapted to your circumstances, even if you're self-isolating.

The Five Ways are Connect, Be Active, Take Notice, Learn, and Give. Read on for tips on how to support your mental health using these methods.

**Connect**

Connecting is all about developing and nurturing your social relationships. Having a strong support network can help you through difficult times in life and can combat feelings of loneliness or isolation. In times like this, when you may be isolated for long periods of time, it is important to stay connected to friends and family. One example could be:

- Making the most of technology – video chat apps like Skype and FaceTime are a great way of staying in touch with friends, family and colleagues, particularly if you live far apart. Try to do this regularly.

**Be Active**

Being active is a way of finding physical activity that you enjoy. Incorporating physical activity into your day to the best of your ability is an excellent way of developing your mental wellbeing and is something you can do to boost our mood even when self-isolating. Why not try:

- A free online home exercise (e.g. Joe Wicks – The Body Coach).

**Take Notice**

Taking notice is reminding yourself to look at the small things in life, which is proven to improve mental wellbeing. This may feel like a difficult task if you are isolated, and have been for a long time; but here are some suggestions:

- Develop a mindfulness habit, which can be done through free mindfulness apps for your phone
- Be mindful in watching the news – if constant updates are making you feel more anxious, take time away from social media or TV.

**Keep Learning**

Learning new things throughout your life is great for improving your self-esteem and keeping mentally sharp. You could do this through trying something completely new or trying to return to activities you once did and have always meant to pick up again.

- Do a crossword puzzle or sudoku, or play a challenging game.

**Give**

It is proven that people who volunteer their time in some way are much more likely to rate themselves as happy and feel more connected to their community. Now more than ever, acts of kindness can go a long way in helping yourself and others. Why not try:

- Helping a relative or neighbour who may not be able to visit the shops for groceries.