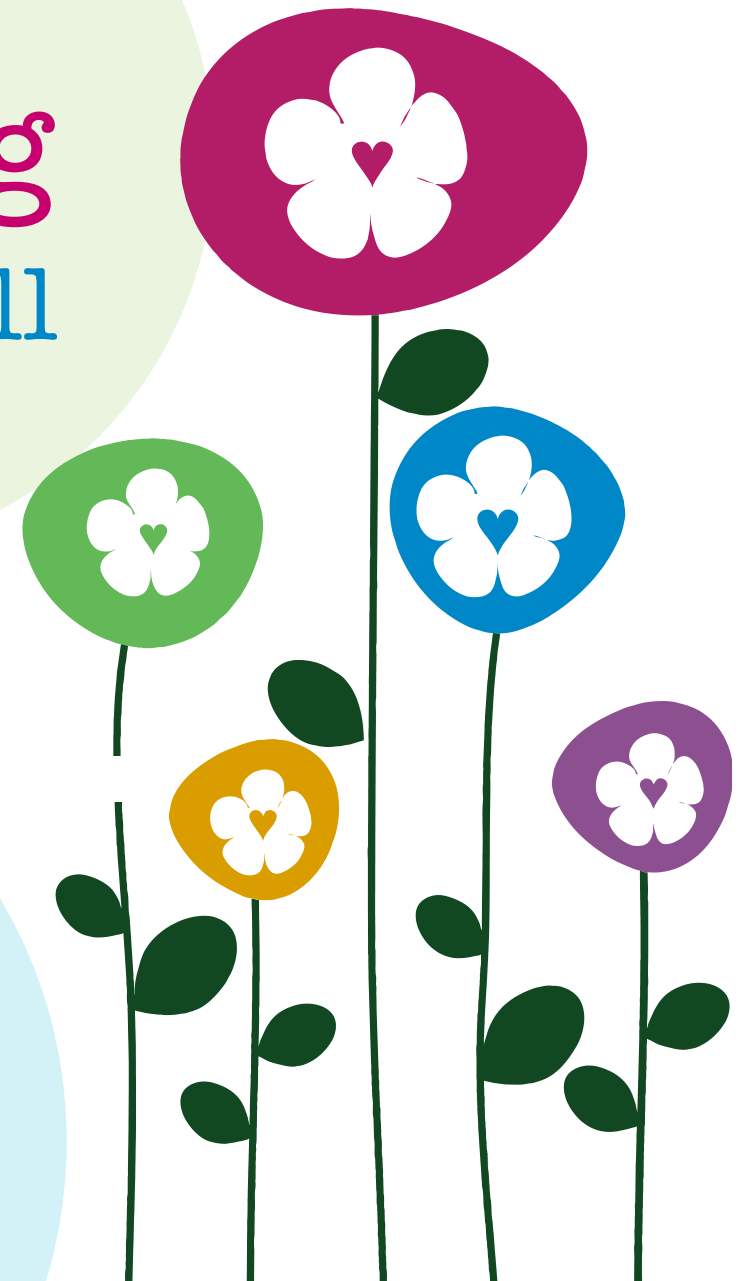


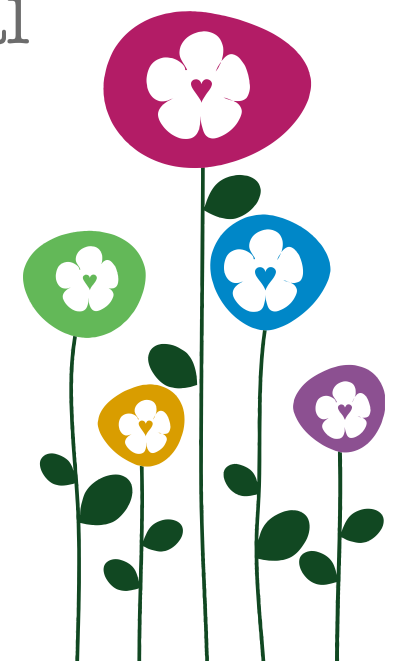
# Five Ways to Wellbeing

Taking steps towards living well



# Background of “Five Ways to Wellbeing”

- There has been longstanding concern and interest in promoting public health.
- Some progress has been made on physical health promotions – diet, exercise, smoking cessation as well as the ‘Five a day’ for physical health being in the public consciousness.
- But how do you promote mental health and wellbeing? What do you say? Could there be a ‘5 a day’ for mental health?



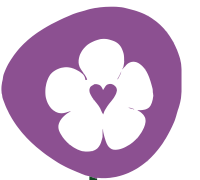
The “Five Ways of Learning”  
are...

C... L... A... N...

Give

- **C**onnect
- keep **L**earning
- be **A**ctive
- take **N**otice
- **G**ive

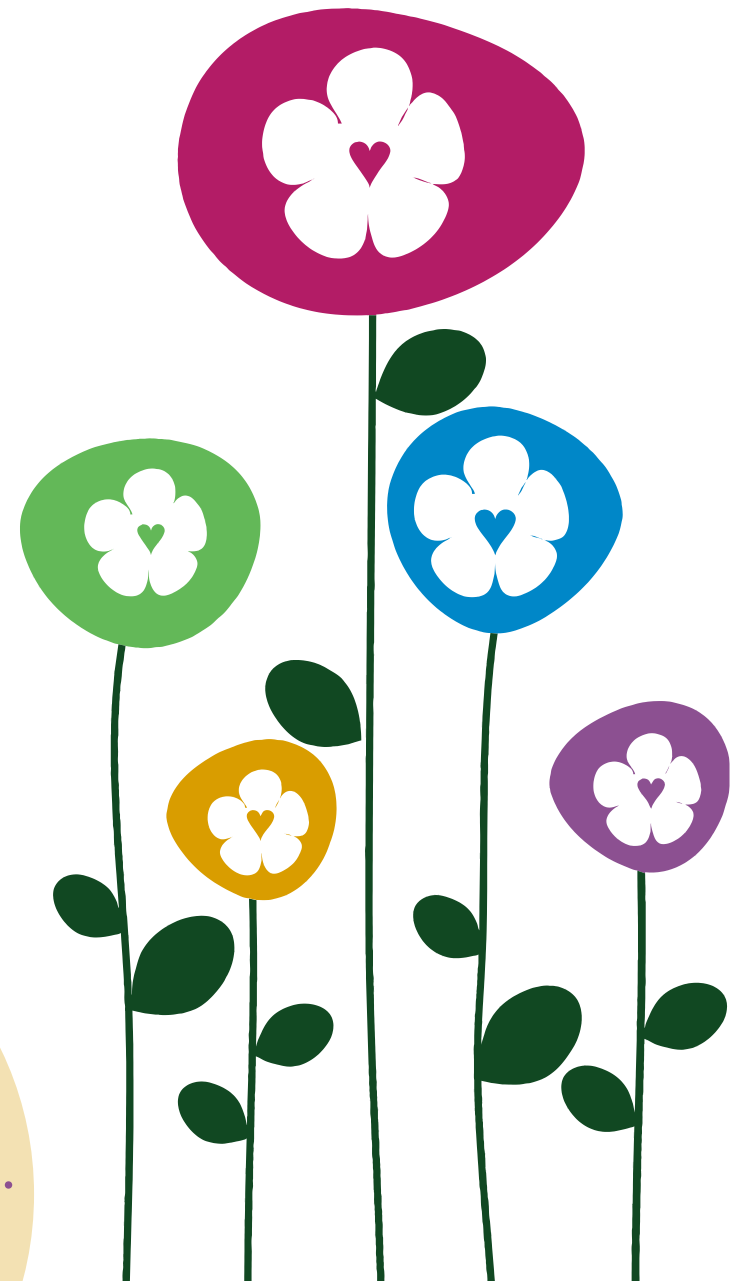
Connect... Keep learning... Be active... Take notice... Give...



# Connect...

- With the people around you
- With family and friends, colleagues and neighbours
- At home, work, school or your local community
- **Think of these as the cornerstones of your life and invest time in developing them**
- **Building these connections will support and enrich you every day**

Connect... Keep learning... Be active... Take notice... Give...



# keep Learning...

- Try something new
- Rediscover an old interest
- Sign up for that course
- Take on a different responsibility at work
- Fix a bike
- Learn to play an instrument or how to cook your favourite food
- Set a challenge you will enjoy achieving
- **Learning new things will make you more confident as well as being fun**

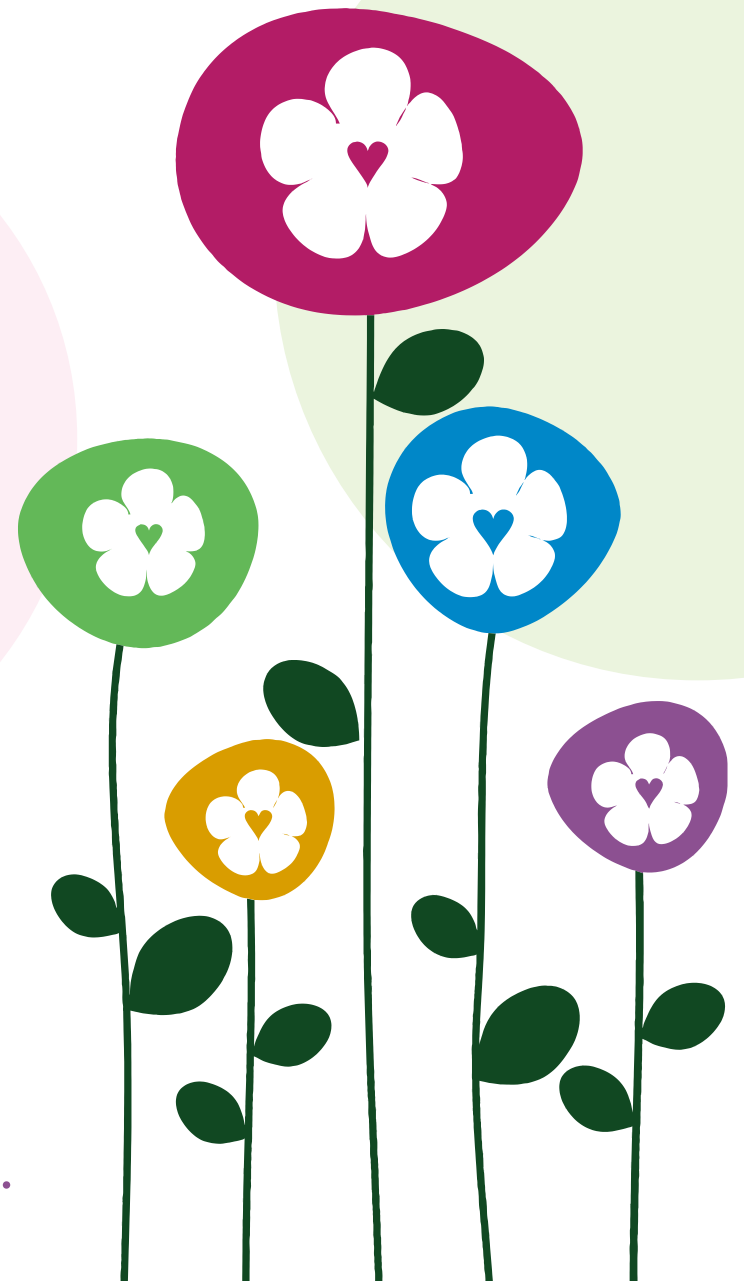
Connect... Keep learning... Be active... Take notice... Give...



# be Active...

- Go for a walk or run
- Step outside
- Cycle
- Play a game
- Garden
- Dance
- Most importantly, discover a physical activity you enjoy that suits your level of mobility and fitness
- **Exercising makes you feel good**

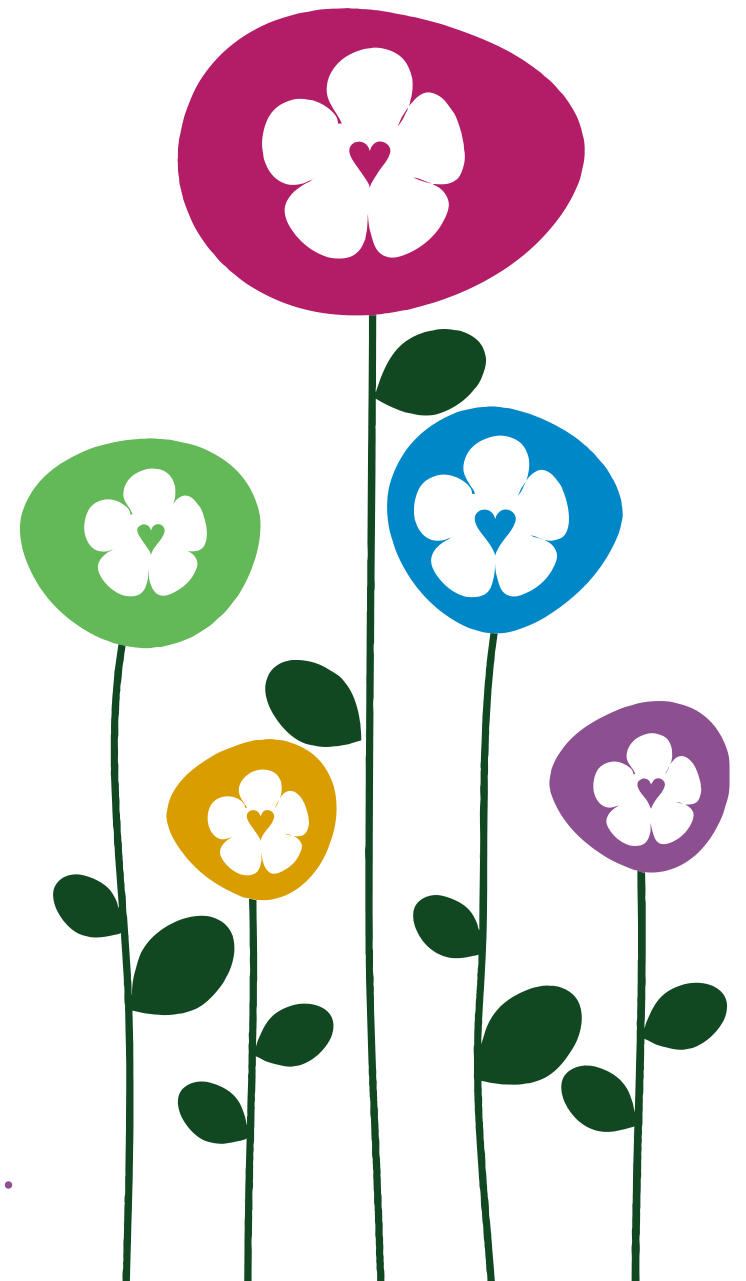
Connect... Keep learning... Be active... Take notice... Give...



# take Notice...

- Be curious
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Savour the moment, whether you are walking to work, eating lunch or talking to friends
- Be aware of the world around you and what you are feeling
- **Reflecting on your experiences will help you appreciate what matters to you**

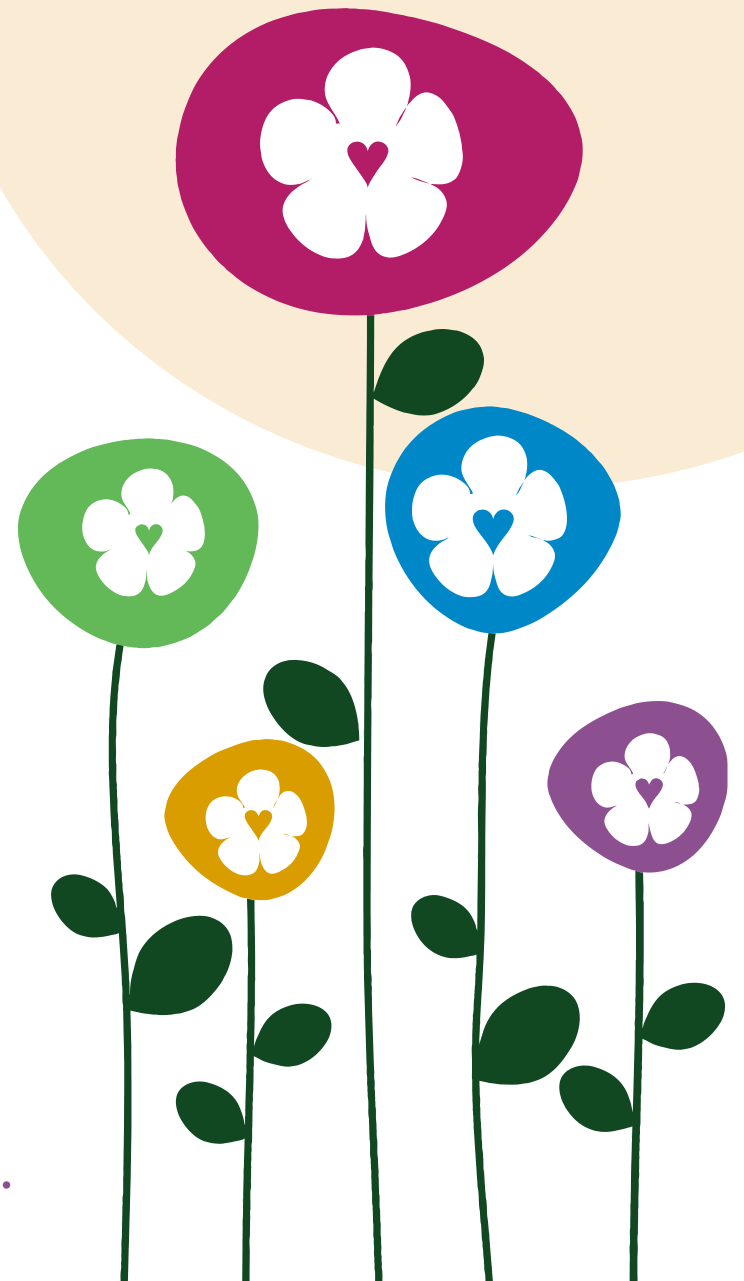
Connect... Keep learning... Be active... Take notice... Give...



# Give...

- Do something nice for a friend, or a stranger
- Thank someone
- Smile
- Volunteer your time
- Join a community group
- Look out as well as in
- **Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you**

Connect... Keep learning... Be active... Take notice... Give...

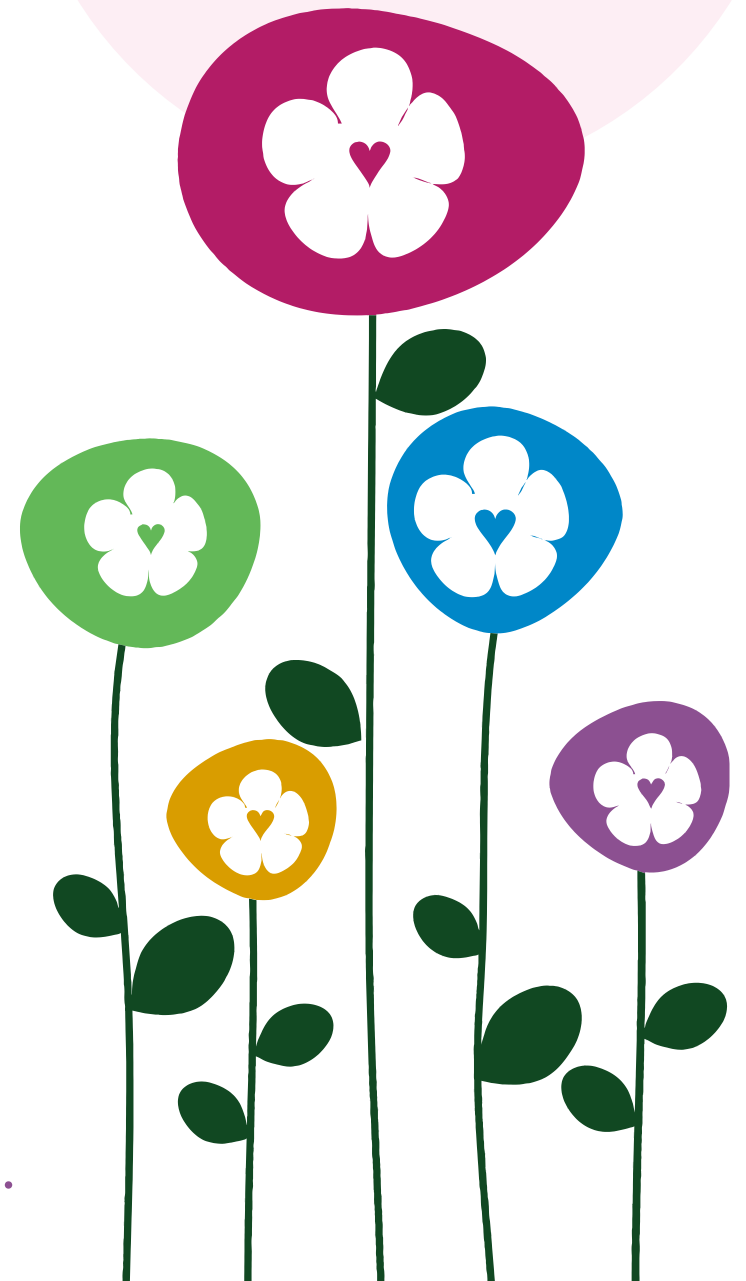




# How the “Five Ways” improves mental resilience



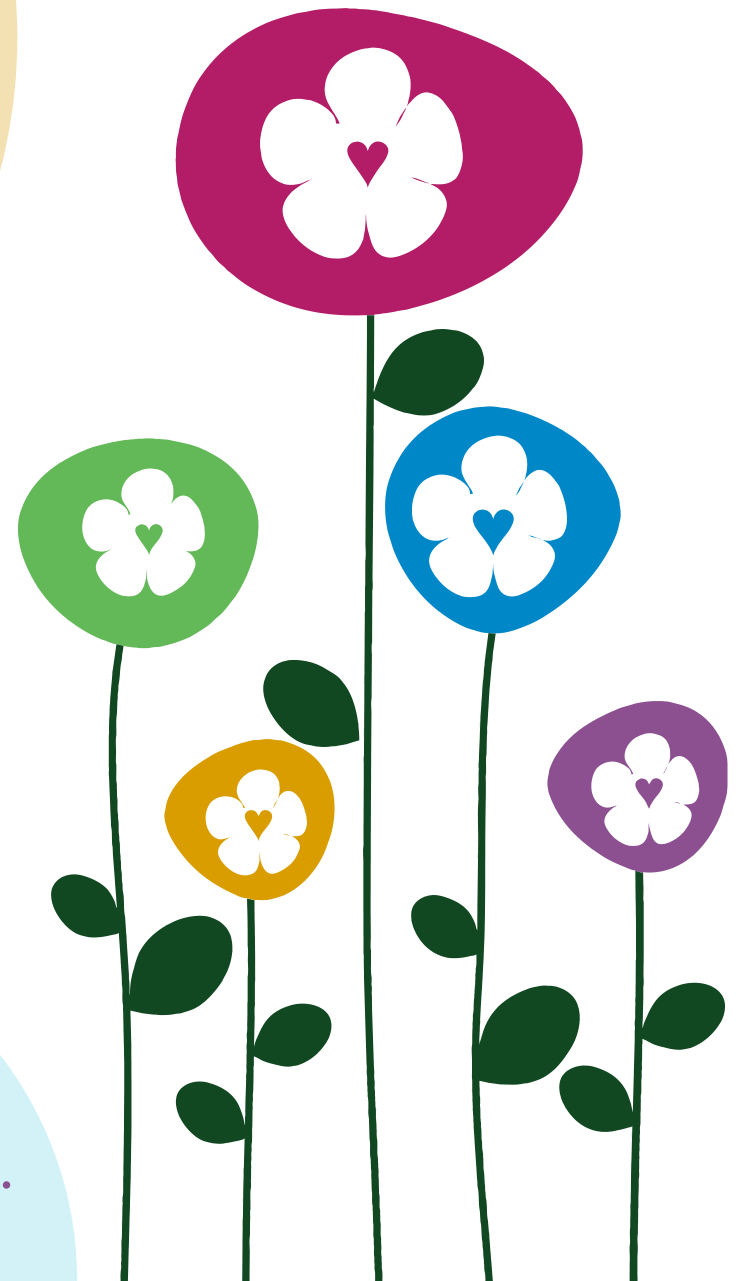
Connect... Keep learning... Be active... Take notice... Give...



# To summarise...

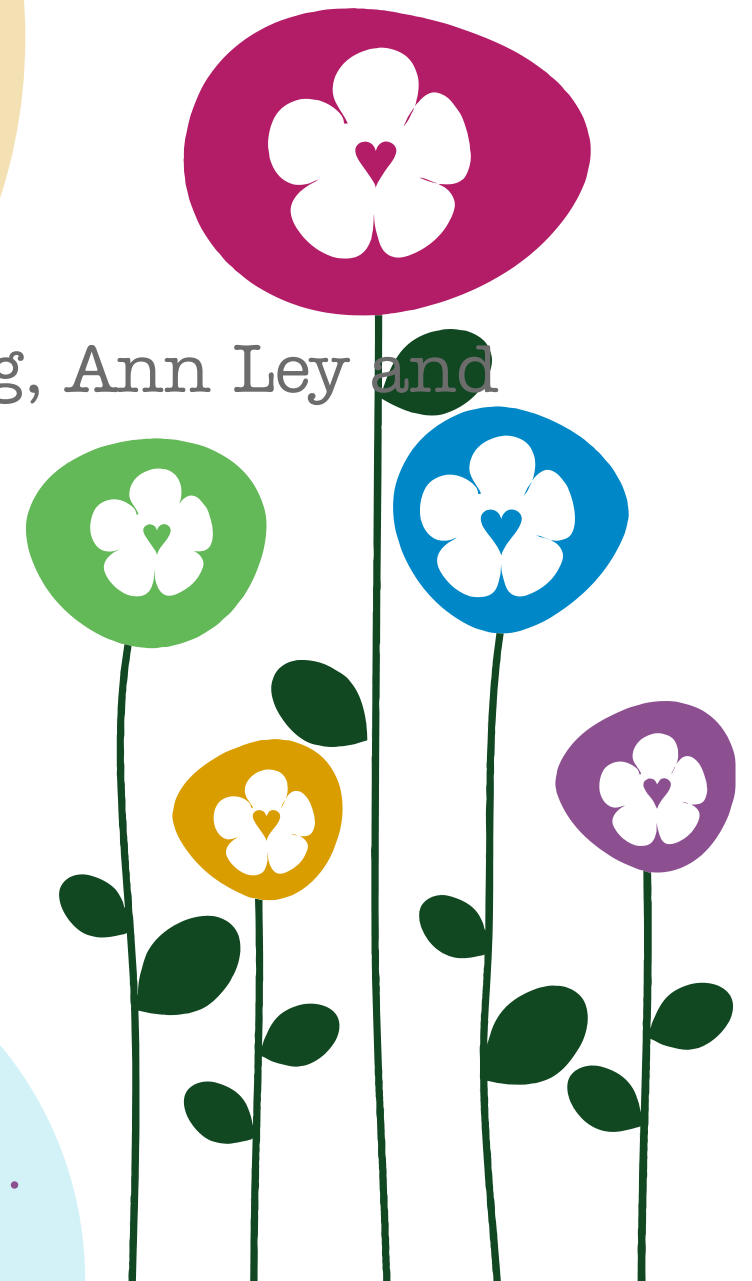
- The “Five Ways to Wellbeing” are simple, accessible and achievable for everyone
- Choosing to act and engage in the “Five Ways to Wellbeing” will result in living well.

Connect... Keep learning... Be active... Take notice... Give...



# Acknowledgements

- Glenn Roberts, Ran Bora, Emma Hoorning, Ann Ley and Melanie Long.



Connect... Keep learning... Be active... Take notice... Give...