

# 5 Ways To Well Being

**5 WAYS OF WELLBEING**

## BE PHYSICALLY ACTIVE

Being active and exercising regularly is important for your physical health but it can also improve your mental health by:

- Boosting your self-esteem.
- Reducing depression, anxiety and stress.
- Lowering your risk of long-term health conditions, such as heart disease, Type 2 diabetes and some cancers.
- Helping you to set goals for yourself and achieve them.
- Causing chemical changes in your brain that can have a positive impact on your mood.



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It is recommended that adults should try to be active every day and do at least 150 minutes of physical activity over a week. This might include:

- Slower-paced activities, such as walking around your home or garden.



- 10-minute workouts (examples on the NHS website).
- Getting off the bus or tube one stop early and walking to work.



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- Go for a walk outdoors, a bike ride or a skate.



- Easy, low-impact exercise whenever you can. (e.g. stretches while the kettle boils)
- Using YouTube or a fitness app to exercise at home.



- If you are living with a long-term condition, check out We Are Undeatable's advice on getting active.

[www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)



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## CONNECT

Exposure to nature not only makes you feel better emotionally, but it also contributes to your physical well-being.

Connectedness refers to how we relate to and experience nature.



A strong connection with nature means a close relationship or an emotional attachment to our natural surroundings.

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**Connecting with nature can:**

- Make us happier.
- Aid concentration.
- Reduce blood pressure.
- Stabilise heart rates.
- Reduce muscle tension.
- Regulate the production of stress hormones.

Nature deprivation has been linked to depression, loss of empathy, and lack of altruism.

Research has found that even a simple plant in a room can have a significant impact on stress and anxiety. Even watching nature documentaries is good for our mental health!



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## CONNECT

**There are lots of things we can try to help build connections and stronger and closer relationships:**

If possible, take time each day to be with your family or household; for example, try arranging a fixed time to eat dinner together.



Arrange a day out with friends you have not seen for a while.

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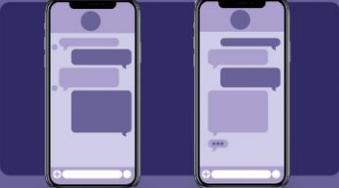
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Try switching off the TV to talk or play a game with your friends or family.

Have lunch with a colleague.

Visit a friend or family member who needs support or company.

Make the most of technology to stay in touch with friends and family.



Volunteer at a local school, hospital or community group.



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- Lowering depression and anxiety.
- Increasing self-esteem and empathy.
- Build better emotion regulation skills.

**Low social connection can result in:**

- Worse health outcomes.
- Higher cellular inflammation.
- Higher susceptibility to anxiety and depression.
- Slower recovery from disease.
- Increased antisocial behaviour and violence.

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People who are introverted, loners or who have limited friends can increase social connection. The benefits have nothing to do with how many friends you have; the benefits come from your internal and subjective sense of connection. As long as you feel connected to others on the inside, you can still get the benefit of being connected.

**An internal sense of connection can be built by:**

- Give, share, support & do acts of service and kindness to others.
- Practice self-care.
- Ask for help.



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## GIVE

**Give To Others**



**Acts of giving and kindness are known to help improve mental wellbeing by:**

- Creating positive feelings.
- Providing a sense of reward.
- Giving you a feeling of purpose and self-worth.
- Helping you to meet other people.

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**Those who have a greater interest in helping others are more likely to consider themselves happy.**

**You could try:**

- Saying thank you to someone for something they have done for you.
- Doing some shopping for an elderly neighbour.
- Asking people how they are and really listening to their answer.
- Spending time with friends or relatives who need support or company.
- Volunteering in your local community (e.g. for a charity).



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## LEARN

**Why it's important to keep learning**



Research shows that learning new skills can improve your mental wellbeing by boosting self-confidence and raising self-esteem. It can help build a sense of purpose and foster connection with others.

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Learning doesn't only mean enrolling in courses or getting formal qualifications. There are lots of other ways to keep learning, including:

- Learn to cook a favourite dish that you've never eaten at home.
- Take on a new responsibility at work.
- Subscribe to a research or literary journal that aligns with your interests.



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- How about setting yourself up a big DIY project? YouTube is great for this.
- Sign up for a course you've meant to do at a local community centre. You might learn a new art or crafting skill or try something practical such as gardening or plumbing.
- Rediscover an old hobby that challenges you.
- Visit a gallery or museum and learn about a person or historical period that interests you.



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## TAKE NOTICE

**Pay Attention to the Present Moment**



Being in the moment and being aware of your thoughts, your feelings, your body and the world around you can improve your mental health. Often called 'mindfulness', this can help you to understand yourself better, change the way you approach challenges and enjoy life more.

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**To get you started, you could:**

Listen to **Good Thinking's** podcast about mindfulness. [Link in our bio.](#)



Read the **Centre for Clinical Interventions** Mindfulness Workbook. [Link in Bio.](#)

Learn mindfulness techniques you can use in your daily life – check out the **Be Mindful** online course that is free for Good Thinking users. [Link in Bio.](#)



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## TAKE NOTICE

Reduce worry, anxiety, and depression by taking notice

PAST  FUTURE

Studies have shown that focusing on past events and worrying about the future has a negative impact on our mental health and wellbeing.

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Obsessing about what's past and what's yet to come is strongly linked with common mental health conditions such as anxiety disorders and depression.

**Taking Notice can aid self-awareness and promote positive behaviour.**



Taking notice of the world around us is something we can all do by being aware of what we're doing and engaging with it.



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## TAKE NOTICE

**Take notice of your Senses**

'Take notice' focuses on what is happening around you and how you feel here and now. Being present and taking time for self-care is essential in our busy world.



A great way to start is to focus on the five senses: touch, sight, hearing, smell and taste. Sit down somewhere you feel comfortable and spend a few moments noticing:



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- 5** things you can touch.
- 4** things you can see.
- 3** things you can hear.
- 2** things you can smell.
- 1** thing you can taste.

This is a great way to relax your mind when feeling overwhelmed.

