



5 ways to... wellbeing



Emotional health and wellbeing is about how you're feeling and how well you are able to deal with day-to-day challenges.

There are some simple steps that you can take in order to improve how you feel each day. They don't take up much time and they don't have to cost anything either.

They're known as the Five Ways to Wellbeing and they are: Take Notice, Connect, Keep Learning, Give to Others and Be Active.

Give to Others

Helping others, saying thank you, or just giving someone a smile can help to improve your self-esteem and your emotional health.

Research shows that carrying out acts of kindness can increase your feeling of personal wellbeing and happiness.

Giving to others and co-operating with them can stimulate the reward areas in the brain, creating positive feelings.

Helping and working with others can also give us a sense of purpose and feelings of self-worth.

Giving can take lots of different forms, from small everyday acts to larger longer term commitments.

- Volunteer in your local community, such as helping out at a local school, hospital or care home
- Sign up to a mentoring project, in which you give time and support to someone who will benefit from it
- Offer to lend a hand if you see a stranger struggling with bags or a pushchair
- Offer to help a relative with DIY or a colleague with a work project
- Say thank you to someone, for something they've done for you
- Phone a relative or friend who needs support or company
- Ask a colleague how they are and really listen to the answer
- Arrange a day out for you and a friend or relative

This week I am going to Give by:



Volunteering

Volunteering is a great way to give to others. You can build up new social networks, develop skills and build experience too. There's lots of opportunities to volunteer with Derbyshire county council, from libraries and museums to countryside sites and food banks.

Search www.derbyshire.gov.uk/volunteering

Time Swap

Time Swap is scheme that encourages local communities to share their skills and talents. It's a good way to meet new people and make the most of your skills. Find out more at www.derbyshire.gov.uk/timeswap

Do-It

The Do-It Trust lets you search for opportunities close to you. Find out more at do-it.org

Derbyshire Wildlife Trust

If you like to idea of caring for animals and the natural environment then Derbyshire Wildlife Trust have opportunities for volunteers. www.derbyshirewildlifetrust.org.uk/volunteer-opportunities

National Trust

If culture and heritage is more your thing then why not volunteer with the National Trust? They have plenty of places in Derbyshire where you can lend a hand. www.nationaltrust.org.uk/volunteer

CVS

The Council for Voluntary Services offer plenty of chances to volunteer. Search online for your local CVS and see what they have on offer.

Five Ways to Wellbeing.



Find out more about the Five Ways to Wellbeing at

derbyshire.gov.uk/wellbeing