



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.

Keep Learning

Learning new skills can boost confidence and give you a sense of achievement.

This doesn't have to be in a formal classroom setting or be about getting a qualification or grade.

It could be anything from picking up a book, doing a crossword or researching something you're curious about.

Here are a few ideas to get you started:

- Sign up for a course you've been meaning to do at a local night school. You might learn a new language, or try something practical, such as plumbing
- Take on a new responsibility at work, such as learning to use an IT system or understanding the monthly reports
- Carry out those repairs that you might have been putting off – maybe fix that broken bike or garden gate
- Rediscover an old hobby; it could be making model aeroplanes, writing stories, sewing or knitting
- Visit a gallery or museum and learn about a person or period in history that interests you
- Learn to cook a favourite dish that you've never eaten at home
- Help out with your children's homework
- Learn an instrument
- Take an online course

This week I am going to **Keep Learning** by:



Adult Education

You can find out more about Adult Education Courses on offer in Derbyshire at www.derbyshire.gov.uk/adulteducation

Workers Educational Association

The Workers Educational Association offers courses and tuition. Visit www.wea.org.uk

Open University

The Open University offers flexible part-time study, supported distance and open learning for undergraduate and postgraduate courses and qualifications. <http://www.open.ac.uk>

University of the Third Age

Retired and semi-retired people come together and learn together, not for qualifications but for the joy of discovery. Find out more at www.u3a.org.uk

Men in Sheds

Men in sheds offers a place where men can get together, learn new skills, chat and get support in an informal place. menssheds.org.uk

Five Ways to Wellbeing.



Find out more about the Five Ways to Wellbeing at derbyshire.gov.uk/wellbeing