



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.

Take Notice

Taking Notice is about making time to appreciate the world around us.

Being aware of the present moment and your own feelings and thoughts, can help you to positively change how you're feeling about life. **This is also known as mindfulness and it can really help you to be calm and more able to deal with what life might throw at you.**

It can be as simple as taking five minutes out of your day to appreciate something new or noticing the seasons changing.

Here are a few quick and easy ideas to help take notice of the world, and the people, around you.

- Get creative and take some photos of the world around you. Focus on capturing what's in front of you
- Have a 'clear the clutter' day
- Take a different route on your journey to or from work
- Visit a new place for lunch
- Ask someone how they are feeling and really listen to what they say
- Explore your local neighbourhood
- Listen to a new piece of music and think about how it makes you feel
- Be curious
- Get a plant for your workspace
- Take notice of beautiful and unusual things
- Notice when the seasons change
- Try meditating
- Enjoy the moment

This week I am going to **Take Notice** by:



Moodzone

Get ideas on how to take part in mindfulness at www.nhs.uk/moodzone

Action for Happiness

Action for Happiness is a movement for positive social change and promotion of wellbeing. They bring together people who want to play a part in creating a happier society for everyone.

www.actionforhappiness.org

Mindapples

Mindapples promotes mentally healthy living for everyone by promoting simple, daily activities.

mindapples.org

Mental Health Partnerships Five Ways app

The Five Ways to Wellbeing app, developed by Somerset Public Health, helps people improve their well-being through everyday activities. You can find out more here:

www.mentalhealthpartnerships.com/resource/five-ways-to-wellbeing-app

Five Ways to Wellbeing.



Find out more about the Five Ways to Wellbeing at

derbyshire.gov.uk/wellbeing