



Five Ways to Wellbeing.

Good mental health is important to help us all live a healthier, happier life.

There are some easy 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 and Be Active.**



Take Notice

Taking notice is about making the 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 help you to be calm and more able to deal with what life might throw at you.

Here are a few ideas to help you take notice:

- Take five minutes out of your day to appreciate something new
- Be aware of when the seasons start to change
- Take a different route home
- Try out a new lunch spot
- Be curious
- Think about all the things you're grateful for

Be Active

Evidence shows that improvements in your physical health can help improve your mental health.

It doesn't have to mean spending hours in the gym, it could be something as simple as getting off the bus one stop earlier, using the stairs instead of the lift or kicking a ball around with the grandkids.

Here are a few ideas to get you started:

- Join a walking group
- Take up yoga, pilates or Tai Chi
- Get on your bike and explore the countryside
- Walk a dog
- Dance to the radio
- Try a completely new activity or sport

Connect

Being around other people can help to boost our mood and helps us feel connected to the wider world.

Putting aside time to develop relationships with friends, family, neighbours and colleagues can improve how you feel.

Here are a few ideas:

- Pick up the phone instead of sending an email
- Speak to someone new
- Arrange a face to face catch up with a friend
- Join a club or take up a social activity
- Give a colleague a lift to work or share the journey home with them



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.

Why not give some of the following ideas a go?

- Pick up a new book or revisit an old favourite
- Do a crossword or Sudoku puzzle
- Research something you're curious about
- Help out with your grandchildren's homework
- Take part in a free, online course
- Join an adult education class
- Visit a museum or art gallery
- Learn a new word or random fact

Give

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

There are lots of ways to give to others:

- Volunteering. You can build new relationships, develop skills and gain experience too
- Raise money for charity
- Offer a helping hand to a friend
- Join a community action group
- Check up on a neighbour



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