



5 Ways to Wellbeing

This booklet introduces us to 5 different ways that can help us feel happier and more relaxed.



What are the 5 Ways to Wellbeing?

Wellbeing means feeling happy and comfortable with your life. Think of it as 'being well'.

The 5 Ways to Wellbeing are 5 things we can all do to:

- Make our lives feel happier
- Help us to feel better about ourselves

You can try doing some of these ideas to improve your wellbeing.

“In our hectic lives, we sometimes forget to check in with ourselves. Therefore, we sometimes don't realise our wellbeing is suffering until we are struggling because of it.”



1. Connect

Connecting means having strong relationships with friends, family and people around us. Building these connections will support us and make us feel good about ourselves. This can help to increase happiness and wellbeing.



How can I connect?

- Ask a friend who you don't see very often to meet up whenever you're both free.
- Get back in touch with a friend you used to know, maybe someone from your primary school.
- Ask someone how their weekend was, but really listen to them when they tell you about it.
- Phone a family member who you haven't seen for a while. Maybe someone older, like a grandparent.

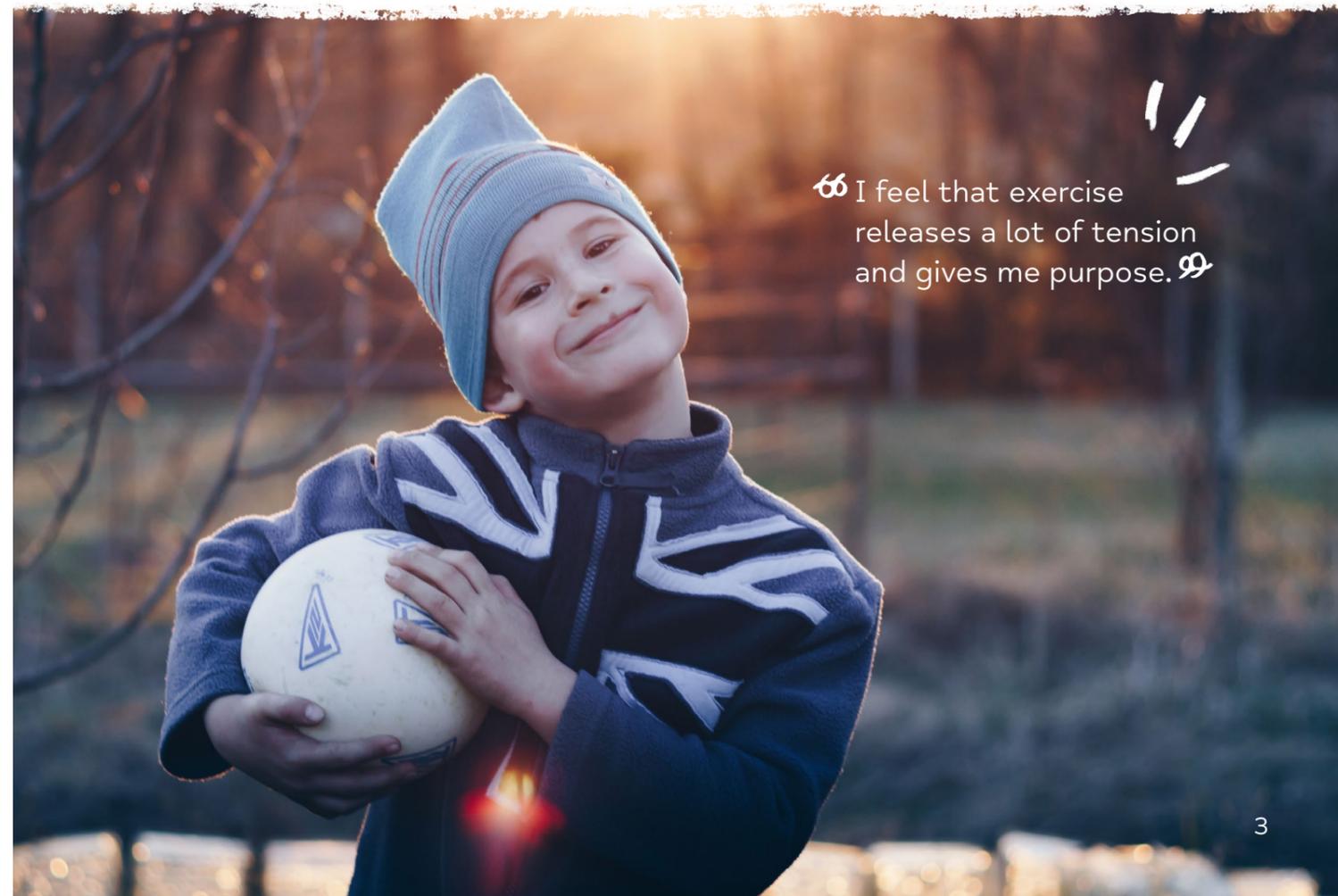
2. Be active

Being active means doing anything that gets the body moving. Exercising is healthy for the body and the mind – it also releases hormones called 'endorphins' that can make us feel happy. We all have different abilities, so try to find something that you can do and that you like.



How can I be active?

- If you don't already walk to school, try walking for some of the way. You could ask to be dropped off near school so you can walk the rest, or get off the bus 1 stop earlier.
- Exercise doesn't just mean doing P.E. at school, even dog walking or a stroll to the shop is exercise. Try helping out in the garden if you have one, or exploring green spaces near where you live or near school.
- Look for an online workout or dance routine that you can do in the place you live – activity doesn't always mean going outside.



“I feel that exercise releases a lot of tension and gives me purpose.”

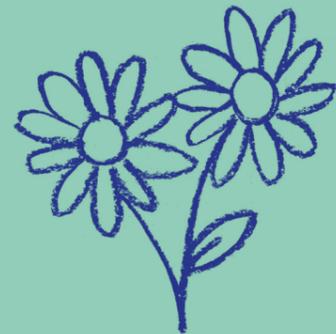


3. Take notice

Taking notice means paying more attention to the world around us and noticing our feelings. This can help us to live in the moment and feel grateful for what we have. Be curious. Notice beautiful things in nature. Enjoy the moment, whether you are on a bus, eating lunch or talking to friends.

How can I take notice?

- Ask if you can have a plant at school or where you live. Look after it with care, then watch it change and grow day-by-day.
- Try eating something you've never tried before. Really focus on the taste.
- Try a breathing or mindfulness exercise. You can ask your practitioner for an example.



Enjoying the moment, instead of thinking about what happened before or what might happen in the future, is sometimes called **mindfulness**.

We've got a worksheet about it that you might like to read. If you don't have a copy, just ask your practitioner.

4. Keep learning

To keep learning means finding out about something new, or going back to an old interest. Learning new things can make us feel more confident, as well as being fun to do. Learning doesn't mean the things we learn in classes at school – try to pick something you can't do at school that you think you'd enjoy.



How can I keep learning?

- Ask a music teacher how you could learn to play an instrument that you like the sound of. Maybe you could try the guitar, drums or keyboard.
- Think of something creative you'd like to do outside of school, then see if you can borrow a book from the library to learn about it. Maybe you could try photography, cooking or model-making.
- Join a group or club where you can learn new skills, either at school or outside, like Scouts, Guides or the Duke of Edinburgh Award. Or sign up to a free online course in a subject you find interesting.

🗨️ Finding time to do things you love, or even planning to do things you love in the future, is important. 🗨️



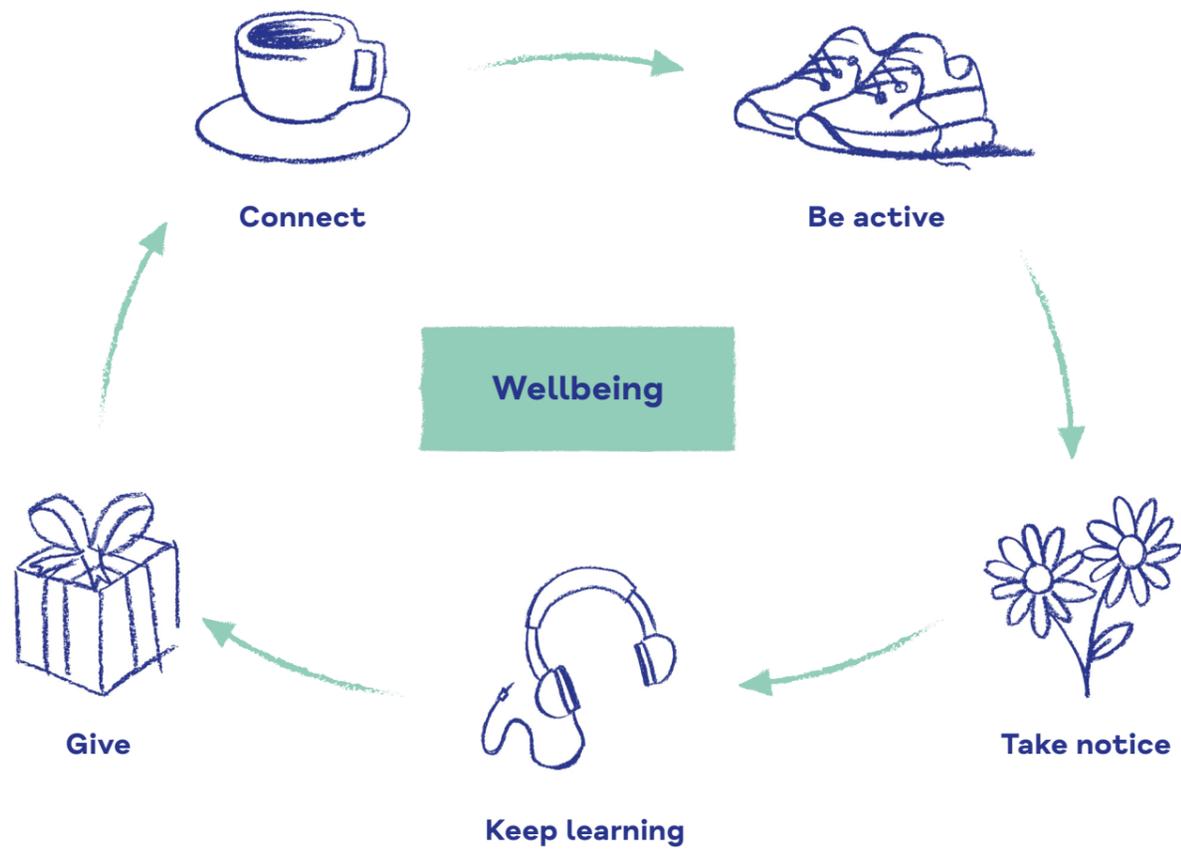
Don't be too hard on yourself if you find things hard at first. Sometimes the process of learning something can be just as fun as doing something you're good at.

5. Give

Giving means that we can start to feel like part of a wider community. Doing something nice for someone is not only a kind thing to do, but it can also make you feel better about yourself. You don't have to do something that takes a lot of your time. Giving as much as an hour a week is a great way to feel happier.

How can I give?

- Say “thank you” to someone who’s done something nice for you, even if it’s for a small thing.
- Speak to someone you know who’s having a tough time and ask how they are. Make sure you really listen to them.
- Ask an older relative or neighbour you trust if they need any help, or if they would like some company. It’s best to choose someone you already know.



Exercise



My 5 Ways to Wellbeing plan

Now that you know about the 5 Ways to Wellbeing, try planning an action in some or all of the 5 areas. You can list up to 3 actions for each area, but do as much as you'd like.

Listing lots of things might feel like too much to cope with – start with a few ideas and slowly build up. Try to be realistic, it's much better to start small and be sure you can do it.

Connect

In what way will you **connect with others**?

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|----|--|
| 1. | |
| 2. | |
| 3. | |

Be active

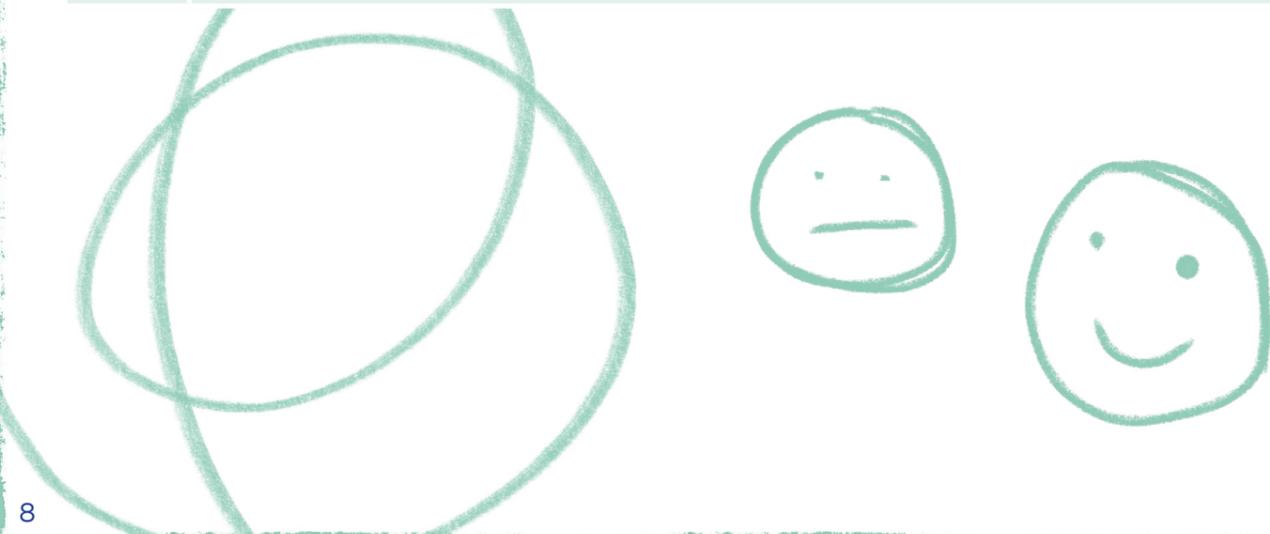
In what way will you **be active**?

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |

Take notice

In what way will you **take notice**?

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |





Keep learning

In what way will you **keep learning**?

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|----|--|
| 1. | |
| 2. | |
| 3. | |

Give

In what way will you **give**?

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|----|--|
| 1. | |
| 2. | |
| 3. | |

“No matter what people say, self-care isn’t selfish. I’ve noticed that whenever I take self-care more seriously, it has a hugely positive impact on how I feel and act.”



We're Mind.

We understand mental health and wellbeing.
We're here if you need us for support and advice.
We help everyone understand mental health
problems, so no one has to feel alone.

Mind

2 Redman Place
London
E20 1JQ
020 8519 2122

contact@mind.org.uk
mind.org.uk

t @MindCharity

f [Facebook.com/mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

i @mindcharity

