

# 5 WAYS TO WELLBEING



## WHAT ARE THE 5 WAYS TO WELLBEING?

The 5 Ways to Wellbeing are 5 simple steps you can focus on to improve your wellbeing.

It's important to look after your body *and* your mind.

Doing the 5 doesn't have to cost anything, and you can do it from your own home!



## Be Active



## STAYING ACTIVE IS IMPORTANT

Start simple, find physical activities that you enjoy. Exercise can positively impact your mood.

Along with the physical benefits, it can reduce symptoms of depression and anxiety and help add more years to your lifespan!

Try:

Swimming, dancing or even parking further away from the shops to get a few extra steps in!



## Connect



## CONNECT WITH THOSE AROUND YOU

Socialising with people and developing strong relationships contributes to good health and wellbeing.

Social connection matters at every age. Spending time with positive people can improve your own wellbeing.

Try:

Calling a friend, writing a letter to a loved one, spending time with animals. Remember, a smile can go a long way!



## Give

## HELPING OTHERS CAN HELP YOU

Helping others can boost happiness and improve life satisfaction.

Giving can release endorphins in the brain and have a positive impact on yourself AND the person you are giving to!

Try:

Anything from giving a smile, compliment or volunteering in the community.



## Keep Learning

## SET YOURSELF A NEW CHALLENGE

Learn something new or rediscover an old interest. Learning can be fun and can help boost self-confidence.

The brain is capable of rewiring itself well in to middle age. It's never too late to start improving our knowledge and coping skills!

Try:

Cooking a new recipe, visiting your local library or listening to a podcast!



## Take Notice

## TAKE TIME TO STOP AND BE AWARE

Take notice of your thoughts and feelings. Use your 5 senses to become mindful of what's around you.

Being aware of the here and now can help reduce stress and enhance wellbeing well in to the future.

Try:

Yoga, mindful eating, taking a walk in nature.



# ARE YOU READY TO TRY THE 5?