



YOUR GUIDE TO USING THE 5 WAYS TO WELLBEING

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

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

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

Keep reading for inspiration on how you can do the 5.





BRINGING BENDIGO TOGETHER

At a time when connection is so important, we are here to provide some inspiration on how to build those strong bonds with those around you.

WHAT BENEFITS CAN STAYING CONNECTED HAVE ON OUR MENTAL HEALTH?

- Spending time with positive people can improve your own psychological wellbeing.
- Increase our feelings of happiness, security, belonging and self-worth.
- Creating bonds with family and friends allows us to feel secure.



HOW ABOUT A PICNIC?

THERE ARE SO MANY GREAT PLACES TO PICNIC IN BENDIGO! HERE'S SOME IDEAS:



CAMPASPE RIVER, AXEDALE

ROSALIND PARK



LAKE WEEROONA



BENDIGO BOTANIC
GARDENS



CANTERBURY
GARDENS



connect



SEARCH IN YOUR MAPS APP AND YOU'RE ALREADY
ON YOUR WAY TO IMPROVE YOUR WELLBEING

IT ISN'T ALWAYS POSSIBLE TO CONNECT IN PERSON, SO..

HOW CAN YOU CONNECT FROM AFAR?

VIRTUAL FRIEND DINNER DATE



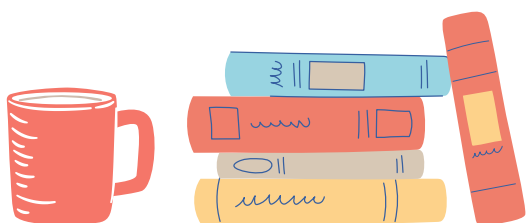
SCHEDULE A
WEEKLY TIME TO CHAT TO
A LOVED ONE



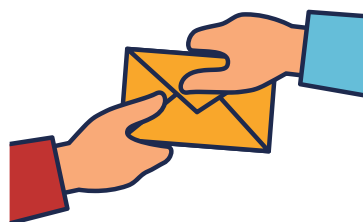
VIRTUAL GAMES NIGHT



VIRTUAL BOOK CLUB



SEND A POSTCARD
TO A FRIEND



THERE ARE PLENTY OF OPPORTUNITIES FOR CONNECTION IN THE COMMUNITY HERE IS WHERE YOU CAN GO TO BOOST CONNECTION WITH YOUR COMMUNITY!

BENDIGO LAUGHTER CLUB

The Laughter Club is FREE with no registration required.

They meet at 8:30 every Saturday morning at Ewing Park, Williamson Street Bendigo.



BENDIGO PARKRUN

At Bendigo Parkrun you can get active and connect with your community at the same time. Held every Saturday morning at two locations.

Click on the link to find out more.

<https://www.parkrun.com.au/bendigobotanicgardens/>

TO CHECK OUT WHAT'S ON AT THE LIBRARY:

<https://www.ncgrl.vic.gov.au/events>



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FOR UPCOMING EVENTS AND COMMUNITY GROUPS HEAD TO:

<https://www.connectgreaterbendigo.com.au/>



GET MOVING IN BENDIGO

Staying active can have a powerful impact on your mental health.

Let's get creative and find some fun ways to move. Use this guide for some extra inspiration.

WHAT BENEFITS CAN BEING ACTIVE HAVE ON OUR MENTAL HEALTH?

- It can have a positive impact on your mood
- It can help reduce stress levels
- Strengthens our bodies and helps to increase our blood flow
- Help improve sleep
- It could even add a few years to your lifespan

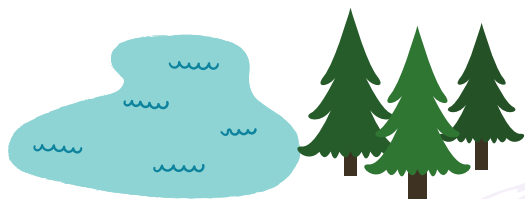


BENDIGO IS FULL OF GREAT PLACES TO BE ACTIVE!

LET'S TRY A NEW WALKING TRACK...



CRUSOE RESERVOIR AND NO. 7 PARK



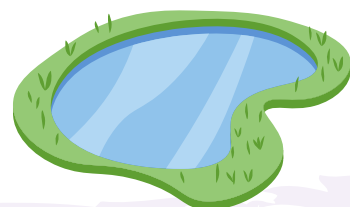
ONE TREE HILL TOWER LOOP



BENDIGO CREEK TRAIL



KENNINGTON RESERVOIR

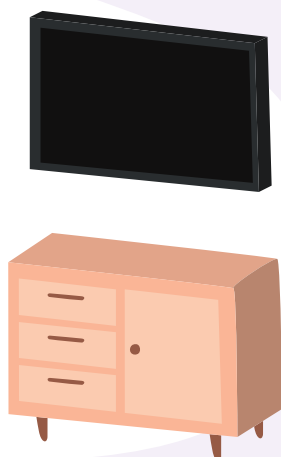


**SEARCH IN YOUR MAPS APP AND YOU'RE ALREADY
ON YOUR WAY TO IMPROVE YOUR WELLBEING**

AND FOR THOSE TIMES WHEN WE CAN'T GET OUT AND ABOUT..

HERE'S SOME WAYS TO GET ACTIVE AT HOME

TRY STRETCHING OR
A NEW EXERCISE
WHILST YOU WATCH
YOUR FAVOURITE
MOVIE



TRY A DANCE
WORKOUT ON
YOUTUBE



STAND UP EVERY
CHANCE YOU GET



TAKE SOME TIME OUT OF YOUR
DAY TO DO SOME YOGA



SET REMINDERS
THROUGHOUT THE
DAY TO GET UP
AND MOVE

THE LITTLE THINGS COUNT TOO, HERE ARE SOME

TIPS AND TRICKS TO ADD SOME MORE MOVEMENT IN TO YOUR LIFE



1

PARK YOUR CAR FURTHER AWAY AT THE SHOPS TO GET SOME EXTRA STEPS IN

2

TAKE THE STAIRS INSTEAD OF THE LIFT

3

WALK AROUND THE BLOCK DURING YOUR LUNCH BREAK

4

WALK TO YOUR LOCAL CAFE INSTEAD OF DRIVING

5

SPEND A WEEKEND IN THE GARDEN

6

SOMETHING AS SIMPLE AS CLEANING YOUR HOUSE CAN BOOST YOUR ACTIVITY TOO!

Be Active



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HELPING OTHERS CAN ALSO HELP YOU

Giving can have a positive impact on yourself AND the person you are giving to!

Let's get creative and find some fun ways to give back.
Use this guide for some extra inspiration.

WHAT BENEFITS CAN GIVING BACK HAVE ON MENTAL HEALTH?

- It can release endorphins in the brain and boost happiness levels
- Increase in life satisfaction
- It can give you a sense of purpose



SOMETIMES IT'S ALL ABOUT THE LITTLE THINGS..

HERE ARE SOME SIMPLE THINGS EVERYONE CAN DO TO GIVE BACK..

You're doing great!

**GIVE A COMPLIMENT
TO A LOVED ONE**

**SMILING IS POWERFUL!
BRIGHTEN SOMEONE'S DAY
BY GIVING A SMILE**



Give

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**DONATE GOODS YOU
NO LONGER NEED TO
A LOCAL CHARITY**



**OFFER YOUR HELP IF YOU SEE A
STRANGER STRUGGLING AND IN
NEED OF A HELPING HAND**



**DEDICATE SOME TIME
TO TOUCH BASE WITH
YOUR LOVED ONES**

AND SOME MORE IDEAS TO GIVE...



ARRANGE A FUN DAY OUT WITH A FRIEND



BE THERE.

**SOMETIMES JUST BEING THERE TO
LISTEN TO A FRIEND IN NEED CAN
MAKE ALL THE DIFFERENCE**

HOW ABOUT VOLUNTEERING WITHIN YOUR LOCAL COMMUNITY?

There are plenty of opportunities to volunteer in Greater Bendigo. Head to <http://www.bgovolunteers.org.au/> to find out more.

**AND SOMETIMES GIVING
BACK CAN BE AS SIMPLE AS
A HEARTFELT THANK YOU.**



Give

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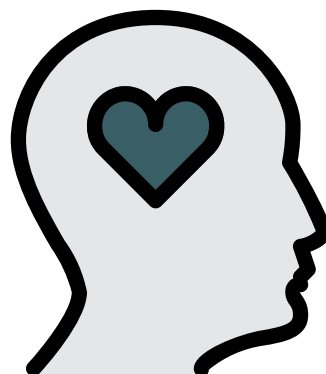
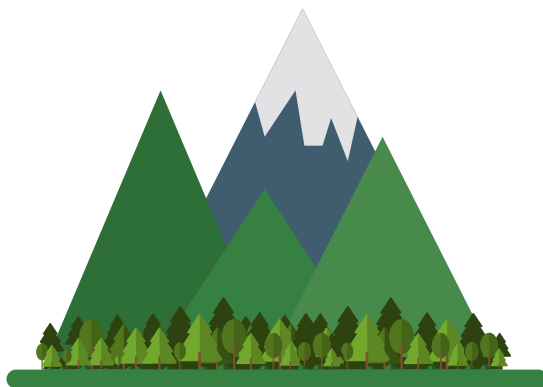
TAKE NOTICE OF THE BEAUTY AROUND YOU

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

How can we take more notice of the here and now?
Use this guide for some extra inspiration.

WHAT BENEFITS CAN TAKING NOTICE HAVE ON MENTAL HEALTH?

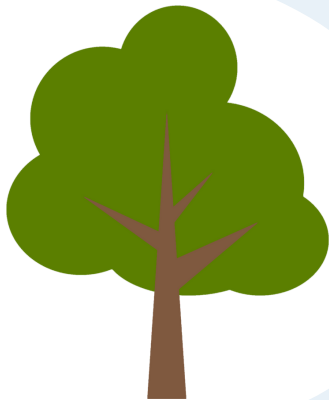
- Reduce worry, anxiety and depression
- Helps develop more self awareness
- Reduce stress levels
- Enhance overall wellbeing



LIFE CAN GET A BIT MUCH SOMETIMES..

HOW CAN YOU TAKE NOTICE AND BECOME MORE AWARE OF YOUR SURROUNDINGS?

**GO FOR A
WALK IN
NATURE**



**TRY KEEPING A
GRATITUDE
JOURNAL**



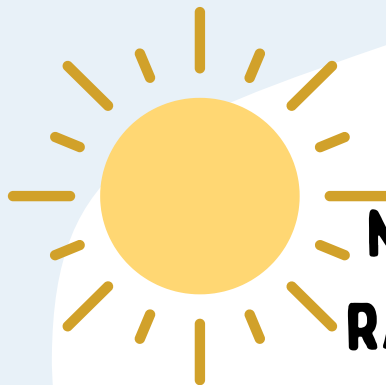
**DOWNLOAD THE
SMILING MIND APP AND
TRY MEDITATION!**



**YOGA OR TAI CHI CAN
REALLY HELP US TAKE NOTICE**



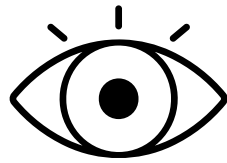
**NOTICE THE SUN OR
RAIN ON YOUR SKIN,
HOW DOES IT FEEL?**



WHEN THINGS GET A LITTLE TOO OVERWHELMING,

DID YOU KNOW YOU CAN USE YOUR 5 SENSES TO HELP MANAGE STRESS AND ANXIETY?

**Take a look
around and
list 5 things
you can see.**



SEE



FEEL

**Take a moment to interact
with your environment
using physical touch. Name
4 things you can feel.**

**Can you run your fingers through the
grass? Feel your clothes on your
skin?**

**Close your eyes,
what are 3 things
you can hear?**



HEAR

**You may have to slow
down to notice quiet
sounds.**



SMELL

**Focus your attention
on the smells around
you. Good or bad.**

**What are 2 things
you can smell?**

**What is one
thing you
can taste
right now?**



TASTE

**TRY THIS WHENEVER
YOU ARE FEELING
OVERWHELMED**





THERE ARE OPPORTUNITIES TO LEARN EVERY DAY

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!

WHAT BENEFITS CAN LEARNING HAVE ON MENTAL HEALTH?

- Boost self-confidence
- Help us find meaning and purpose in life
- Improve our knowledge and thinking skills
- It can help us enjoy life more! Learning helps us gain insight into ourselves and the world around us, its great for wellbeing.



YOU CAN KEEP LEARNING FROM ANYWHERE IN THE WORLD, BUT FIRST

LET'S LEARN SOMETHING NEW AT HOME

LISTEN TO A NEW PODCAST



LEARN TO SAY HELLO IN A
NEW LANGUAGE

TRY A NEW RECIPE!

COOK A MEAL FOR FAMILY, OR BAKE A TREAT
FOR A LOVED ONE



HOW ABOUT ARTS AND CRAFTS?

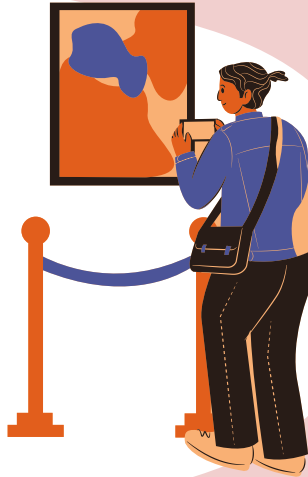
SEARCH THE INTERNET FOR SOME TUTORIALS,
MAYBE YOU COULD TRY SEWING OR CROCHET



THERE'S PLENTY OF WAYS TO KEEP LEARNING OUTSIDE OF THE HOUSE TOO!

HOW CAN YOU LEARN WHEN YOU'RE OUT AND ABOUT?

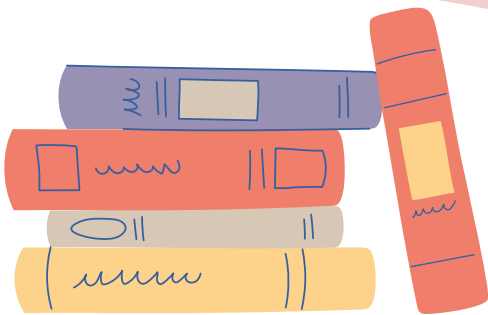
**VISIT AN
ART GALLERY
OR MUSEUM**



JOIN A SOCIAL GROUP



**HEAD TO YOUR
LOCAL LIBRARY**



**JOIN A LOCAL
SPORTS CLUB
AND LEARN A
NEW SPORT**



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SOME EXTRA RESOURCES TO HELP US DO THE 5

5 Ways to Wellbeing check-in and action plan

<https://superfriend.com.au/article/wellbeing-check-in-and-action-plan/>

Inspiration for how you can start incorporating the 5 Ways in to your life

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

To learn more about the 5 Ways to Wellbeing

<https://5waystowellbeing.org.au/>
<https://bit.ly/5WaysBCHS>





**WHAT ARE YOU WAITING FOR?
TRY THE 5 TODAY**