

Fact Sheet W/011: 5 Ways to Wellbeing

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Overview

The 5 Ways to Wellbeing are 5 actions to help people to improve their wellbeing. The New Economics Foundation (neweconomics.org/2008/10/five-ways-to-wellbeing) conducted research to develop a simple programme to support health organisations & professionals to help people think about & improve their lives.

It is certainly not rocket science but you will be surprised how useful it is to be reminded of the basics. Please read the 5 actions below to make a start, look after yourself.

1. Connect

2. Be active

3. Take notice

4. Keep learning

5. Give

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► 1. Connect

With people around you. Family & friends, colleagues & neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life & invest time in developing them. Building these connections will support & enrich you everyday.

A cartoon illustration of a man with dark hair, wearing a white button-down shirt and dark trousers, standing with both hands giving a thumbs-up. To his right is a large purple flower with five petals. The background is a solid bright blue.

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▶ 2. Be active

Go for a walk or a run. Step outside. Cycle. Play a game. Do some gardening. Dance. Exercise makes you feel good. Most importantly, find a physical activity that you enjoy & that suits your mobility & level of fitness.



▶ 3. Take notice

Be curious. Catch Sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you & what you are feeling. Reflecting on your experienced helps you appreciate what matters to you.



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▶ 4. Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



▶ 5. Give

Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself & your happiness linked to the wider community can be incredibly rewarding & creates connections with the people around you.



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