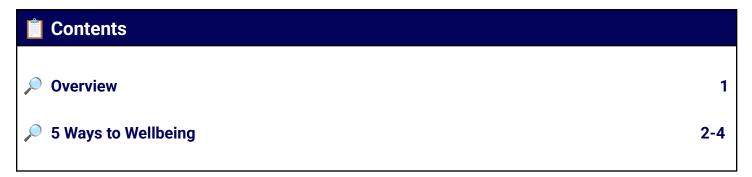
Money Advice Hub P Debtipedia®



Fact Sheet W/011: 5 Ways to Wellbeing





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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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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