

Five Ways to Wellbeing

5 simple activities to improve your Mental Health and Wellbeing.

What is Wellbeing?

- Wellbeing is about feeling good and functioning well.
- It includes feeling positive, having a sense of purpose and belonging and being able to cope with problems and change.

Five Ways to Wellbeing

Just as there are steps you can take to look after your physical health, there are practical ways to improve your wellbeing. The Five Ways to Wellbeing are:

Connect

With people around you: Friends, family, colleagues, neighbours. Strengthening these connections with others will support and enrich you every day, especially during lockdown so make the most of technology and social media. Keeping in touch with others are vital.

Be Active

Find an activity you enjoy. Go for a walk, go in the garden, dance. Just step outside. Exercising at a level that suits you will make you feel good. There are lots of ideas on our website and free classes via YouTube/ Amazon / Netflix and some leisure centre website.

Take Notice

Be curious and savour the moment. Whether you are having a walking after work, gardening or looking out your window at the birds. Reflecting on your experiences will help you appreciate what matters.

Keep Learning

Try something new. Rediscover an old interest. Set a new challenge you will enjoy achieving. Sign up for a course, fix a bike, cook a new dish. Explore new skills.

Give

Do something nice for a friend or stranger. Thank someone. Smile. Volunteer your time. Seeing yourself linked to the community can be rewarding. This is never more so important than in these challenging time of national lockdown.

Where to start?

Use the grid to reflect on what you are currently doing on the Five Ways. You might find there is one way where changes could be made.

I do this....	1 Not at all	2 A bit	3 A fair amount	4 Quite a lot	5 A lot
Connect	1	2	3	4	5
Be active	1	2	3	4	5
Take notice	1	2	3	4	5
Keep learning	1	2	3	4	5
Give	1	2	3	4	5

Steps to the Five Ways to Wellbeing

Local organisations like Oxfordshire Mind offer practical ways to help you build the five ways into your life. Try some of the activities and make a positive difference to how you feel.

Connect

- Access a local group online or a Mind peer support via the phone
- Join Elefriends- A supportive online community.
- Age UK Oxfordshire run a telephone befriending service for over 50s.

Be Active

- Active Body- Healthy Mind will help you to do more sport or exercise.
- Look at the Oxfordshire Mind website for physical activities and challenges during lockdown.
- Make the most of your garden and outside space.

Take Notice

- Take some time to enjoy the moment.
- Start a Mindfulness course with the Oxford Mindfulness Centre.

Keep Learning

- Sign up to online course.
- Check out adult learning courses, via the Open University , as they offer something for most levels and some are free.

Give

- Volunteer for a local charity like the food banks or help out a neighbour in need of a food shop or medication pick up, while they are in self isolation in self isolation.
- Join Elefriends online. Offer support to people going through difficult times.

Keep in touch

Share your wellbeing ideas #FIVEWAYS or on Facebook

For information about our services please call the Information Line: **Telephone:** 01865 247788 or **Email:** info@oxfordshiremind.org.uk