

My Five Ways to Wellbeing

Connect

Be active

Take notice

Keep learning

Give

Tel: 01384 442938

Email: enquiries@dudleymind.org.uk

www.dudleymind.org.uk

The Five Ways to wellbeing



Connect...



Be active...



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Give...

It is important to maintain your mental wellbeing as well as your physical health.

The **five ways to wellbeing** can help you do this.

Think of them as your mental health equivalent to your '5 a day' fruit and vegetables for good physical health and build them into your daily/weekly routine.



Connect

With the people around you, with family, friends and neighbours. At home, work, school or in your local community.

Make the effort to keep in touch and spend time with the people that matter to you, and to meet and get to know new people.



Be active

Go for a walk or run. Step outside. Cycle. Garden. Dance. Being active makes you feel good. Discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Your local leisure or community centre will have lots to offer, whether you like to be active on your own or in a group. You can see your GP for advice if you have any health concerns in relation to starting physical activity.



Take notice

Be curious and take time to take notice. Notice the changing seasons, savour the moment, whether you are travelling to work, eating lunch or talking to friends. Be aware of the world around you and how you feel.

Spending time close to nature, for instance walking in your local park or watching birds in your garden can help with this, as can meditation or prayer.



Keep learning

Try something new. Rediscover an old interest. Take a course. Take on a different responsibility at work, set a new goal you will enjoy achieving. Learning new things will make you more confident as well as being fun to do.

Your local library will have information on a wide range of learning opportunities in your local area courses.



Give

Do something nice for a friend or a stranger. Thank someone you know. Volunteer your time. Doing something for others can be very rewarding, makes you feel good and connected.

Why not find out about volunteering opportunities in your local area?