

6 Ways to Wellbeing

There are lots of things that we can all do to look after our mental health and wellbeing.

Our Healthy Heads plan focuses on 6 Ways to Wellbeing. These are actions that research shows go a long way to keeping us mentally healthy. Take a look at the actions and think about how much time you spend doing each of them. What could you do to improve this? Make a plan and put your wellbeing first.



CONNECT

Connect with the people around you. Spending time with friends, colleagues, social groups stops us feeling lonely and low. Be with people who make you feel good. Invite someone to have lunch with you, write a letter of thanks, take time to check if friends are OK, accept that invitation to go out, even if you don't feel like it. Being lonely can make us feel low.

MOVE

Being active improves mood, self-esteem and confidence. It improves our physical and mental health. You don't have to go to the gym, just walking, playing a game of football, doing some housework, swimming – it all counts. Find something you can enjoy and take small steps – little changes make a big difference.

LEARN

Learning new skills can give you a sense of achievement and confidence. Why not sign up to a course, start learning to play an instrument or how to do simple repairs at home. Stepping outside our comfort zone and setting ourselves goals, really gives us a boost when we achieve something new.

NOTICE

Be present in your life rather than just plodding through each day. Be aware of your senses, how you are feeling, what thoughts that are running through your mind. Notice the natural world around you – the changing seasons, the beauty in ordinary things. When we take notice of the here and now, it can help us feel more in control and allows us to be grateful for what we have.

GIVE

When we do good, we feel good! It doesn't have to be anything big, just help a neighbour with their shopping, volunteer in your community, offer a bit of time to someone who is lonely. Helping others builds social networks and gives us that 'feel good' factor

CREATE

We all have hidden talents – well don't hide them anymore! Let your creative side show. It makes us feel proud and gives us a sense of achievement. Try painting, planting a garden, dancing, writing a story or poem, decorating your home, just step outside your comfort zone and let your talent shine!