

5 Ways to wellbeing

Research has shown that there are five simple ways in which we can improve our wellbeing: **connect**, **be active**, **take notice**, **keep learning** and **give**. Doing these five actions day-to-day can help us to cope with stress and to live happier and healthier lives in ways which are good for us and others!

These simple actions can be undertaken by anyone or any age and everyone can benefit from giving the *5 Ways to Wellbeing* a try, at home, at school, at work. Here are just a few ideas to get you started:

Connect

Connect with people around you; with family, friends, neighbours or people you meet at work, school or at the shops. Social connections are important in your life so invest in developing them. Building connections will support and strengthen you every day.

Be active

Keep your mind and body active. Step outside your house, garden, walk, dance, go for a bike ride. Moving your body makes you feel good and improves your physical health too. Find something that you enjoy, that suits your ability and do it regularly.

Take notice

Be curious, be aware of the world around you and what you are feeling. Notice the changing seasons and the beautiful sights, smells and sounds. Remember the simple things that can bring you joy; listening to the ocean waves come to shore, bird song, colours in the sky at sunset or sunrise. Being aware of what is happening in the moment can help you feel calm and reduce stress.

Keep learning

Try something new or rediscover a past interest. Sign up for that course, read a book, take on a new role at work, learn to play a musical instrument, take a language course.

Give

Do something kind for a friend, or a stranger. Thank someone, smile or say hello. Volunteer or join a community group, help a neighbour. Seeing yourself and your happiness linked to your wider community gives you a sense of purpose and belonging. Building connections and community.

Go to www.fig.gov.fk/publichealth to download the *My 5 Ways to Wellbeing Plan* and make the

5 Ways a part of your way to wellbeing

