



The [Five Ways to Wellbeing](#) is a set of evidence-based actions that promote mental well-being. These were developed by the New Economics Foundation in the United Kingdom. A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for well-being:

The five ways are:

### Connect .....

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. On a simple level speak to people, social and verbal engagement is core to being a person. Chat!

### Be active ...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. Given the choice of escalator or stairs only 2% chose stairs. Be the 2%. Let the walk in the park just be that, try not to use that time to think about "stuff"; just watch

crows and squirrels. Learn chess .... Or Connect Four (if you're old enough to remember it)

### Take Notice .....

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you. Slow down and instead of worrying about future plans or past mistakes just be in the moment. Saviour the present. Although it may sound odd take some time out from yourself.

### Keep learning ....

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Bake some bread. 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. Do something outside of your comfort zone - try origami. Even if you are not very good at first that's fine; don't beat yourself up. People are often scared of learning new things but practice is part of the fun.

### 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, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. There is a great deal of academic evidence that if you look towards helping other people that helps you as well. Often mental health support revolves

around the individual so there is a lot of looking inwards - by looking out towards other people can be hugely beneficial

Incorporating these five actions into your daily life can contribute to a more positive and fulfilling sense of well-being. It's important to note that these are general guidelines, and individuals may find different strategies that work best for them.