

# What are the 5 Ways to Wellbeing?



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Research shows that there are 5 small steps that we can build into our daily lives to help us feel good and look after our wellbeing. These steps are known as 'The 5 Ways to Wellbeing', which we use in school in many different ways to encourage and support our children, staff and families to look after their mental health.



Give

Do a random act of kindness for another person. If you see someone without a smile, give them one of yours. Say thank you. Raise money for a charity. Offer your time to help people.

Research suggests that acts of giving and kindness can create positive feelings, a sense of reward and can help you connect with other people.



Keep Learning

Read a new book. Learn an interesting fact. Talk about what you have learnt with friends. Challenge yourself. Start a new hobby. Ask relevant questions.

Research shows that learning new skills can boost your self-confidence, raise self-esteem, help you to build a sense of purpose and help you to connect with others.



Connect

Spend time with your family and friends. Smile and speak to someone new. Talk about your feelings to a trusted friend or adult. Talk to your friends in person.

Good relationships are important for your wellbeing. They can help you to build a sense of belonging and self-worth. They can provide you with emotional support.



Be Active

Go for a walk or a run. Go swimming, cycle, dance or go to the park. Try a new activity or sport. Stretch and move your limbs as much as you can.

Evidence shows that being active can raise your self-esteem and helps you to achieve goals. Being active causes chemical changes in your brain that can positively change your mood.



Take Notice

Concentrate on your breathing. Be still and focus on your senses. Reflect on the positives and what you can be grateful for. Think about who inspires you and why.

Paying attention to the present moment is known as 'mindfulness'. Mindfulness can help you to enjoy life more and understand yourself better.