



The Five Ways to Wellbeing

Handouts

Reflection Forms | Ideas Bank | Quick Card

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INTRODUCTION

The 5 Ways to Wellbeing are evidence-based actions designed to promote mental health and overall wellbeing. Developed by the New Economics Foundation, they are based on extensive research.

The five ways are:

Connect, which emphasizes building and nurturing relationships;

Be Active, which encourages regular physical activity to boost mood and health;

Keep Learning, which promotes the acquisition of new skills and knowledge to enhance self-esteem and confidence;

Take Notice, which involves being mindful and appreciating the present moment, and

Give, which highlights the benefits of helping others and contributing to the community.

By integrating these actions into your life, you can enhance your emotional and mental wellbeing, fostering a more balanced and fulfilling life.

The Handouts

These handouts accompany the presentation on the 5 Ways to Wellbeing. They are designed to facilitate making the 5 Ways more practical for those interested in using them as a tool.

Throughout the presentation, there are references to these handouts, providing additional context and guidance. However, individuals are encouraged to utilize these handouts independently after watching the presentation as well.

This resource aims to support you in incorporating the 5 Ways into your daily routine, enhancing your overall wellbeing in a practical and accessible manner.

PRACTICAL TOOLS FOR ENHANCING YOUR WELLBEING

In these handouts, you will find questions designed to help you reflect on how you are currently incorporating the 5 Ways to Wellbeing into your life or how you would like to begin using them.

Additionally, there is an ideas bank, offering tips and suggestions on how to apply the 5 Ways effectively.

Furthermore, you will find a quick card to set weekly goals or use as a visual reminder of the various areas that require your attention.

We encourage you to be flexible and creative, making the tool relevant to your unique circumstances.



1 To Connect

The first way, Connect, emphasizes building and nurturing positive relationships with others. It involves spending quality time with family and friends, joining social groups or clubs, and engaging in community activities. By fostering strong social connections, you enhance your sense of belonging and emotional wellbeing.



Self-Reflection: Connect

Answer the following questions

Question 1

When I connect, does it have a positive impact on my life?

Question 2

Is there a difference between connecting and making contact? And how would I know if I were doing one or the other?

Question 3

How can I incorporate positive connections into my life? What connections would I like to make (or re-make)?

2 Be Active

The second way, Be Active, encourages regular physical activity to boost mood and overall health. This can include activities such as walking, running, cycling, dancing, or participating in sports. Engaging in physical exercise not only improves physical fitness but also reduces stress and enhances mental wellbeing.



Self-Reflection: Be Active

Answer the following questions

Question 1

What activities do I already engage in?

Question 2

Are there any adjustments I can make in my life that can help me be more active?

Question 3

Who can support me to be more active?

3 Keep Learning

The third way, Keep Learning, involves continuously seeking new knowledge and skills.

This can be achieved through formal education, such as taking courses or attending workshops, as well as informal learning, like picking up new hobbies, reading, or exploring new interests. Lifelong learning helps boost self-esteem, confidence, and a sense of accomplishment, contributing to overall mental wellbeing.



Self-Reflection: Keep Learning

Answer the following questions

Question 1

What do I think about learning? Would I like to learn something new?

Question 2

What interests me? What would I find useful?

Question 3

What do I need to do to make learning more appealing?

4 Give

The fourth way, to Give, emphasizes the positive impact of helping others. This can involve acts of kindness, volunteering, supporting friends and family, or contributing to your community. By giving your time, energy, and resources to others, you can foster a sense of purpose, strengthen social connections, and enhance your own happiness and wellbeing.



Self-Reflection: Give

Answer the following questions

Question 1

What do I give to others? What is it like for me when I give to others?

Question 2

What else could you give others (what small actions can you offer that you will feel good about)?

Question 3

What do you give yourself? How can you be more generous and appreciative to yourself?

5 Take Notice

The fifth way, Take Notice, focuses on being mindful and fully aware of the present moment. It encourages appreciating the world around you, including nature, daily experiences, and personal feelings. Practices like meditation, mindfulness exercises, and simply taking time to observe and reflect can enhance your appreciation for life, reduce stress, and improve your emotional wellbeing.



Self-Reflection: Take Notice

Answer the following questions

Question 1

How can I practice slowing down and pausing more often?

Question 2

What difference will this make in my day to day life?

Question 3

What could help me to notice more often?

Ideas Bank



An ideas bank is a collection of suggestions, tips, and strategies designed to inspire and support individuals in applying the 5 Ways.

It offers a range of activities and approaches to help people integrate these wellbeing strategies into their daily lives. This can include examples of how to connect with others, ways to stay active, ideas for lifelong learning, methods for practicing mindfulness, and opportunities for giving back to the community.

The goal of an ideas bank is to make it easier for individuals to find relevant and practical ways to enhance their wellbeing.



Ideas Bank: Connect

- Smile, make eye contact with people you meet
- With family – share your day and ask about theirs
- Speak to someone new at work or at university or school
- Ask a friend about their weekend and pay attention and listen when they tell you
- Talk to someone in person or on the phone instead of messaging or social media
- Make contact with someone you used to hang out with
- Find an old photo of friends or family and share it with them
- Take your headphones off when in a shop

- Invite friends for a coffee and connect in conversation with them, not your phone
- Write a letter or send a postcard to someone
- Share a random or inspirational photo with your friends
- Go to community events
- Join a hobby or a walking group in your area to meet new people
- Join a dance session or cooking class with others and experience the joy of social connection



Ideas Bank: Be Active

- Play your favourite song and dance to it
- Go for a walk at lunchtime
- Walk to school
- Get off the bus one stop earlier and walk the final part of your journey
- Go to your local park
- Stretch and move your limbs in the morning, midday and evening
- Join a new sports club or team
- Walk the dog
- Do some gardening
- Make bread; its hard work!

- Go for a jog or join in a dance group
- Try out a new exercise class like Yoga or Zumba
- Learn how to swim or ride a bike
- Play a game of tennis
- Try golf with friends
- Walk to see friends instead of going by car
- Learn to be a lifeguard
- Coach a children's football team



Ideas Bank: Keep Learning

- Research something you've always wondered about
- Discover something new, find out more about something you're interested in
- Read the news or a book
- Use a conversation as a way to learn new things, be curious
- Sign up for a class or group outside of work or school
- Learn a new word or words to a new song
- Learn a poem or an inspirational quote
- Visit your local library or a museum
- Learn something new about yourself or others
- Go to a quiz or host one among your friends

- Learn a new hobby or a new language
- Learn a new dance routine
- Learn how to drive or learn to drive a new way home
- Find out more about the hobbies of your friends
- Learn more about your family history
- If you hear something you don't understand, google it straight away
- Use a dictionary for words you don't know



Ideas Bank: Give

Volunteer Your Time:

- Offer your skills at local charities, shelters, or community centers
- Join a neighborhood cleanup or environmental conservation project
- Tutor students or mentor someone in your professional field

Acts of Kindness:

- Pay for someone's coffee or meal unexpectedly
- Help a neighbor with groceries, yard work, or other chores
- Send a handwritten note or card to someone who might need encouragement

Donate Resources:

- Give clothes, books, or household items to those in need
- Contribute to food banks or community pantries
- Support local or global charitable organizations financially

Support Friends and Family:

- Offer to babysit for a friend or family member
- Cook a meal or bake treats for someone who is going through a tough time
- Listen and provide emotional support to someone in need

Community Involvement:

- Organize or participate in fundraising events for causes you care about
- Start a community garden or participate in local initiatives
- Join or start a support group for individuals facing similar challenges

Random Acts of Generosity:

- Leave a generous tip for service staff
- Plant trees or flowers in public spaces for others to enjoy
- Donate blood or sign up as an organ donor

Share Your Expertise:

- Offer free workshops or classes in areas where you have expertise
- Write articles or create content that provides valuable information to others
- Help others with career advice or resume building



Ideas Bank: Take Notice

Mindfulness and Meditation:

- Practice daily mindfulness or guided meditation
- Incorporate mindful breathing exercises

Appreciate Nature:

- Spend time in nature, such as walking or gardening
- Keep a nature journal

Gratitude Practices:

- Maintain a gratitude journal
- Reflect on positive experiences daily

Mindful Eating:

- Pay attention to the taste and texture of your food
- Avoid distractions during meals

Reflective Practices:

- Reflect on your thoughts and feelings
- Keep a personal journal

Creative Expression:

- Engage in drawing, painting, or crafting
- Practice photography or write poetry

Sensory Awareness:

- Engage your senses with music, aromatherapy, or different textures
- Take moments to focus on surrounding sounds

Digital Detox:

- Take breaks from digital devices
- Set specific times to unplug

Mindful Movement:

- Practice Yoga or Tai Chi
- Take leisurely, mindful walks

Mindful Interaction:

- Be present in conversations and listen actively
- Observe non-verbal cues and emotions

Your Own Ideas Bank



Quick Cards

A quick card is a handy tool for integrating the 5 Ways to Wellbeing into your daily life.

Keep it visible as a constant reminder of the five actions: Connect, Be Active, Keep Learning, Give, and Take Notice. Use it to set weekly goals, track your progress, and find inspiration for activities. Reflect on your experiences each week to adjust your goals, ensuring they remain relevant and enjoyable. Carry the card with you to keep your wellbeing goals accessible and top of mind, helping you stay committed to enhancing your overall wellbeing.



Quick Cards



The 5 Ways Quick Card

Connect

Feeling closed to and valued by people is essential for our wellbeing.



Be Active

Physical activity supports emotional wellbeing. Aim for 15 min of daily physical activity.



Keep Learning

What are you curious about? Is there a hobby you would like to start?



Give

Give your time, attention, care, encouragement, thanks. Helping others helps you.



Take Notice

Be present and aware of your environment and inner experience.



MY GOAL FOR TODAY



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References and Resources

This material is a compilation of information from several sources, which are listed below. Credit is given to these sources for their contributions to the content provided:

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5waystowellbeing.org.au