

# What are the Five Ways to Wellbeing?

The Five Ways to Wellbeing are the equivalent of 'five fruit and vegetables a day'. It is suggested that people include the Five Ways (which are described below) into their daily lives to improve their wellbeing. The Five Ways are:

- **CONNECT...** with the people around you. Talk and meet up with family, friends, colleagues, and neighbours. At home, work, college or in your local community. Think of these people as an important part of your life. Building connections and relationships with the people around you will improve your everyday life.
- **BE ACTIVE...** Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of fitness.
- **TAKE NOTICE...** of the beautiful and the unusual. Notice the changing seasons. Be curious whether you are walking to work, eating lunch, or talking to friends. Be aware of the world around you and what you are feeling. Thinking about your experiences will help you appreciate what matters to you.
- **KEEP LEARNING...** Try something new. Take up an old interest. Sign up for a course. Take on a different responsibility at work or college. Fix a bike. 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.
- **GIVE...** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Seeing yourself, and your happiness, linked to others is rewarding and leads to more connections and relationships with the people around you.

Using the Five Ways to Wellbeing write down some ideas for how you could improve your wellbeing in the table below.

Ways to Wellbeing	How I can improve my wellbeing
Connect	
Be active	
Take notice	
Keep learning	
Give	