

'Five ways to Wellbeing'



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. Our physical, mental and emotional health is so important in helping us live happy lives and this section of our school website can help you to achieve this.

There are five simple steps to help maintain and improve your well-being. Try to build these into your daily life - think of them as your 'Five a Day' for well-being.



Five ways to wellbeing

Give

Participation in social and community life has attracted a lot of attention in the field of well-being research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in well-being.



Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.



Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your workspace
- Have a 'clear the clutter' day
- Take notice of how your family are feeling or acting
- Stop and take time to look at what is outside your bedroom window

Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting well-being and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.



- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for promoting well-being.

It doesn't need to be particularly intense for you to feel good – slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.



Keep Learning

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Why not learn something new today? Here are a few ideas:

- Find out something new about a friend
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word in a different language

