

5 ways to wellbeing



What is Wellbeing?

Wellbeing is when you feel good, things are going well and you enjoy getting on with your daily life.

The way we think and the things we do all affect our wellbeing. Five ways we can increase our wellbeing are:



Connect – with your friends, family and people you meet in the community. Have a chat, share a joke, play a game, pass the time of day.



Be Active - find a physical activity that you enjoy, have a dance, go for a walk, move around more.



Take Notice - take the time to look at the day, the changing seasons, listen to nature. Savour the moment.



Keep Learning - try learning something new, try a new food, read a new book



Give - smile, do something nice for the people around you, make some time for others

Connect



Good relationships with family, friends and community are important for wellbeing.

There are two dimensions to social relationships:

1. Close relationships which are strong and deep – supportive, encouraging, meaningful. These may develop over time and are not at the acquaintance level.
2. Broad relationships which may be more superficial – give a sense of familiarity, connectedness and self-worth.

Close relationships with family and friends can allow us to share our feelings and know that we are understood. They provide an opportunity to share positive experiences and can give us emotional support, as well as the chance to support others.



Building stronger, broader social connections can increase your feelings of happiness and self-worth. They can promote a sense of belonging and wellbeing.

How you can Connect with others:

Visit the following websites for further information on how to connect with others:
Find ideas on how to connect with other people on the NHS website:
www.nhs.uk/Livewell/mental-wellbeing/Pages/connect-mental-wellbeing.aspx

Be Active



Being active is great for your physical health and fitness and it can also improve your wellbeing.

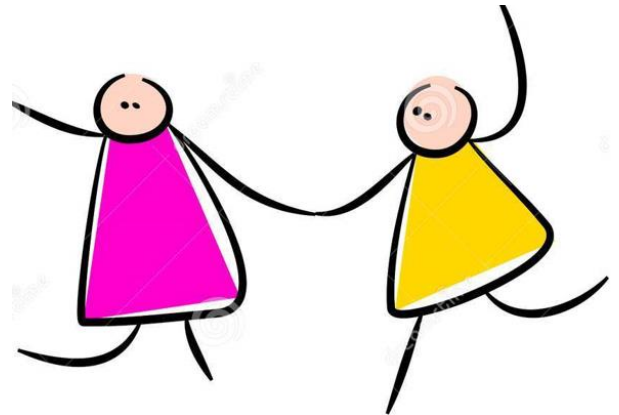
Find physical activities that you enjoy and think about how to fit more of them into your daily life.

Regular physical activity is associated with a greater sense of wellbeing and lower rates of depression and anxiety.

Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood.

Being active can help improve wellbeing because it brings about a sense of greater self-esteem, self-control and sense of achievement.

Movement is important for learning. In later life being physically active protects against cognitive decline and onset of depressive symptoms and anxiety.



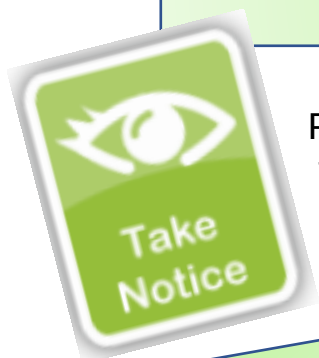
As little as a single bout of 10 minutes physical activity can positively improve mood

How you can Be Active:

Visit the following websites for further information on how to be active:

- For local physical activities you could get involved with visit: www.activenorfolk.org
- Find ideas on how to get more active on the NHS website:
www.nhs.uk/Livewell/mental-wellbeing/Pages/get-active-mental-wellbeing.aspx

Take Notice



Paying more attention to the present moment, to your own thoughts and feelings and to the world around you, can improve your wellbeing.

Awareness of thoughts, sensations and feelings will continue to enhance wellbeing for several years.

Increased awareness or mindfulness.

Mindfulness supports positive mental states, self-regulated behaviour and self-knowledge



Becoming more aware of the sights, smells, sounds and tastes you experience, as well as thoughts and feelings.

Taking notice of the world around you can bring about reductions in stress and improvements mood.

Taking notice allows us to become more aware of the flow of thoughts and feelings that we experience. We can train ourselves to notice when our thoughts are taking over and realise that they do not have control over us.

How you can Take Notice:

Visit the following websites for further information on how to take notice:

- Find ideas on how to take notice on the NHS website:

www.nhs.uk/Livewell/mental-wellbeing/Pages/awareness-mental-wellbeing.aspx

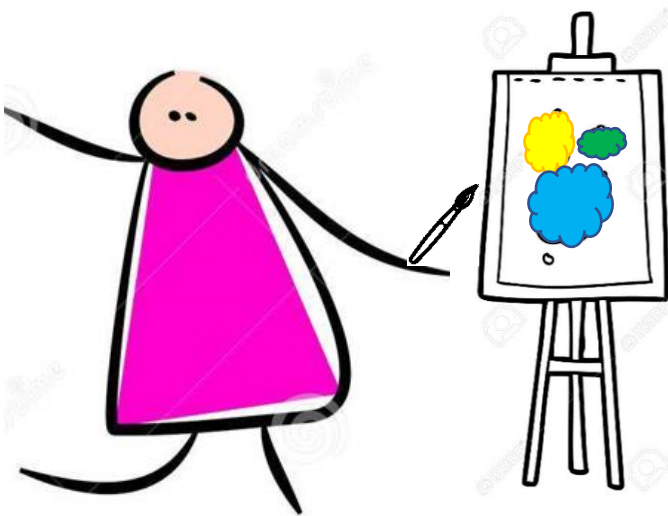
Keep Learning



Learning new skills can be useful, but it can also positively affect our wellbeing. There are many ways to bring learning into your life.

Evidence shows that continuing to learn throughout life can help improve and maintain our mental wellbeing. Learning can boost self-confidence and self-esteem, help build a sense of purpose and help us connect with others.

For children, learning plays an important role in social and cognitive development.



Setting goals and working towards them plays an important role in the way learning influences wellbeing. Many forms of learning involve being with other people. This can help us build and strengthen social relationships.

How you can Keep Learning:

Visit the following websites for further information on how to keep learning:

- Find ideas on how to keep learning on the NHS website:

www.nhs.uk/Livewell/mental-wellbeing/Pages/learning-mental-wellbeing.aspx

Give

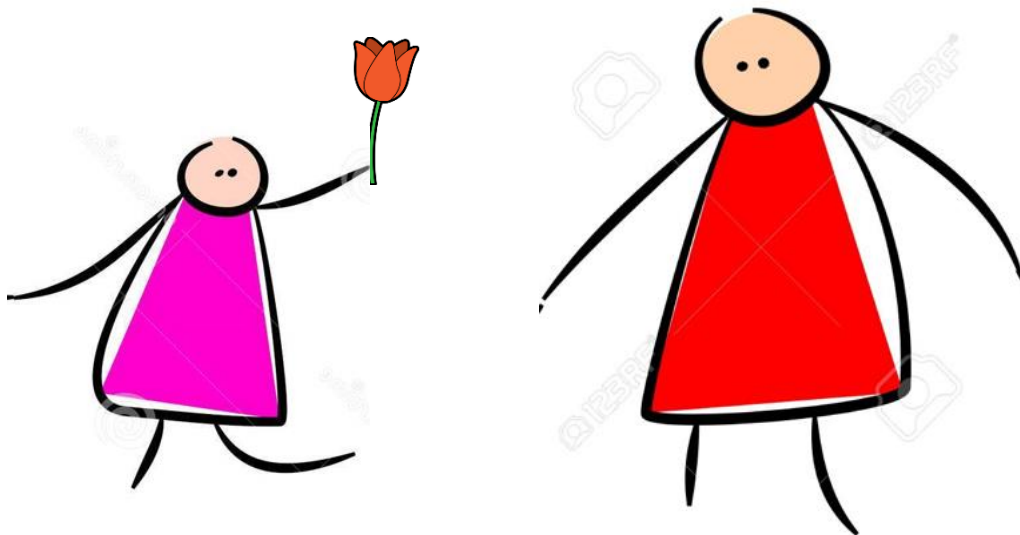


Showing kindness and giving to others are helpful and can improve your wellbeing.

Large or small acts of kindness towards other people can give you a sense of purpose and make you feel happier and more satisfied about life.

Feelings of happiness and life satisfaction have been strongly associated with active participation in social and community life

Mutual cooperation is associated with enhanced neuronal response in reward areas of the brain, which indicates that social cooperation is intrinsically rewarding.



How you can Give:

Visit the following websites for further information on how to give:

- Specific information on how to volunteer on the NHS website:

www.nhs.uk/Livewell/volunteering/Pages/Howtovolunteer.aspx

- Find ideas on how to give on the NHS website:

www.nhs.uk/Livewell/mental-wellbeing/Pages/giving-mental-wellbeing.aspx