

5 ways to wellbeing

The 5 ways to wellbeing is a set of ideas for making small changes in your life to improve mental health and wellbeing. These 5 elements can be implemented into your daily routine in a variety of ways. Find below some ideas to get you started.



Connect

Connecting with people can give you a sense of belonging, offer support and build a community network.

- Speak to someone you know who you haven't been in touch with for a while
- Arrange for everyone in your household to eat a meal together
- Take some time out to ask a colleague how they're feeling

Be active

Keeping active is proven to lower rates of depression and anxiety.

- Take the stairs rather than lift
- Join a local sports group
- Take some time out to stretch at the end of the day

Keep learning

Learning something new can raise self confidence and self esteem, it can also offer a way to interact with people differently and potentially gain a new skill or hobby.

- Listen to a podcast
- Take on a new responsibility at work
- Join a course at your local community centre or college

Give

Giving to others has a huge impact on mental wellbeing, increasing feelings of self-worth, purpose and sense of reward.

- Hold the door open for someone
- Bake a cake for your colleagues - you could incorporate Learn by trying out a new recipe!
- Volunteer in your community or with Changes Bristol

Take notice

Staying present includes taking notice of yourself, those around you and your surroundings.

- Spend some time in the evening reflecting on something positive from that day
- Tidy up your home or work space
- Take up a mindful hobby such as knitting, sewing or drawing



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