



# 5 Ways to Wellbeing

“Foresight’s Mental Capital and Wellbeing Project” identified the following 5 actions that can improve your wellbeing. Small adjustments in on or more of these areas can make a huge difference to your mental health.



## Connect

Connection is a basic human need. Our relationships are what anchor us and enrich our lives, at home, school, work or in the community. Real connections- 567 Facebook “friends” don’t count!



## Be Active

Taking regular exercise can have a huge impact on how you feel. It is proven to slow age related cognitive decline and is associated with lower rates of anxiety and depression. No need to take on the 3 Peaks though, taking the stairs instead of the lift is a good start!



## Take Notice

Take notice of the things around you and be present in the moment to stop your thoughts running away with you. Mindfulness or meditative practice can really help with this.



## Keep Learning

Picking up an old hobby or learning something new is not only fun, but does wonders for our self confidence and esteem. Challenging your brain also helps slow cognitive decline. You CAN teach an old dog new tricks!




## Give


An act of kindness can be incredibly rewarding to yourself and the people around you. People who give of their time or expertise generally report higher levels of happiness!





## Time for a bit of self-reflection...

Have a go at filling this out and creating your own personalised wellbeing action plan. With 1 being the most dissatisfied, and 10 being the most satisfied, how satisfied are you with these areas of your life.

	Score (1-10)	What would you like to change?	What are you going to do next?
			

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