

Positive Minds; Online Week 4

What are the 5 Ways to Wellbeing?

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. (NHS, 2019)

If we can achieve the 5 Ways to Wellbeing on both a short term and long-term basis it will enable us to achieve optimum Mental Wellbeing.



Mental Health Awareness Week

1

BE ACTIVE

Being physically active improves physical health, can improve mood and wellbeing and decreases stress, anxiety and depression.



Mental Health Awareness Week

2

CONNECT

Strengthening relationships with others and feeling close to and valued by others is critical to boosting wellbeing.



Mental Health Awareness Week

3

GIVE

Carrying out acts of kindness, whether small or large, can increase happiness, life-satisfaction and general sense of wellbeing.



Mental Health Awareness Week

4

TAKE NOTICE

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Being aware of what is taking place in the present directly enhances your wellbeing and savouring 'the moment' can help to reaffirm your life priorities.



Mental Health Awareness Week

5

KEEP LEARNING

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



From the work you have done this week you will be able to identify how you can achieve the 5 ways to wellbeing to ensure you have a strong mindset and positive mental wellbeing going forward.