

## Five Ways to Wellbeing – in Isolation

What is already working for you to support your health and wellbeing? Can you build on these things?

### Evidence suggests there are steps we can all take to improve our mental wellbeing

Way to wellbeing	Ideas	What could you try?
<p><b>Connect</b> Building connections with family, friends and others will support and enrich you every day.</p>	<p>With family and or friends – share one good thing about the day and one thing you’ve struggled with Ask a friend about their day and pay attention and listen when they tell you Ask your parents or carers or grandparents about their childhood (online or in person)</p>	
<p><b>Be active</b> Evidence suggests that physical exercise changes your brain chemistry and releases happy hormones which in turn can make you feel more positive. Discover a physical activity you enjoy. Being active is for people of all ages and sizes and does not need to be intense physical activity.</p>	<p>Play your favourite song and dance to it Go for a walk at lunchtime Stretch and move your limbs in the morning, midday and evening Do housework, make bread if you have the ingredients Try out a new exercise class online like yoga or Zumba or Joe Wicks</p>	
<p><b>Take notice</b> Take time to be still, reflect, become aware of your surroundings. Reflecting on your experiences will help you appreciate what matters to you.</p>	<p>Stop and really take in your surroundings – what can you see from windows, from gardens Reflect on the positives, what can you be grateful for? Take notice of what you are thinking. Not to judge or be hard on yourself, but to be more aware of what you are thinking Really savour every mouthful of your lunch, noticing the texture, flavour, how the food feels, tastes Think about who inspires you and why Think about what others in your life do for you Plan where you would like to be in 5 years</p>	

<p><b>Learn</b> Learning can involve any manner of subjects, not just what you have to do in school. Set a goal. Learn something new. Try something fun.</p>	<p>Research something you've always wondered about Use a conversation as a way to learn new things, be curious Sign up for a class or group or club Learn a new language using an app like Duolingo Visit your local library or museum – online tours are being offered Learn something new about yourself Go to an online quiz or host one among your friends Learn an inspirational quote Download a random fact app Learn more about your family history Think about how others are feeling and work out why</p>	
<p><b>Give</b> Any acts of kindness, whether small or large can make you feel happier and more satisfied about life. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.</p>	<p>Say thank you to someone who has helped you Donate your time to do something for someone else if it is safe to do so Help around the place you live in Bake a cake if you have the ingredients or make something else and give it to someone Be a good role model Learn how to put someone in the Recovery Position Give yourself some time to relax</p>	