

5 Ways to Wellbeing at home

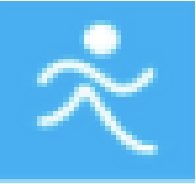


Connect

Connecting with other people is important because it

- Helps you build a sense of belonging and self-worth
- Gives you an opportunity to share your experiences
- Provides emotional support and allow you to support others

Stay connected with friends, family, olds friends and neighbours using video calls and positive online communities. Talk about your worries and reach out if you need help.



Be Active

Being active is not only great for your physical health and fitness but evidence also shows that it improves your mental wellbeing by

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causes chemical changes in your brain which can help to positively change your mood

Look after your body with healthy food and plenty of water and get plenty of sleep. Avoid smoking and drinking too much alcohol. Walk, run or cycle in your local area every day. Take part in online exercise/workouts/yoga programmes, do some gardening.



Keep Learning

Research shows that learning new skills can improve your wellbeing by

- Boosting self-confidence and self-esteem
- Helping you build a sense of purpose
- Setting a challenge that you enjoy achieving
- Doing something creative and fun

For example, use the internet or connect with friends to learn how to cook something new, fix a bike, start a new hobby like painting or knitting, learn a language, learn to play an instrument, read a book, write a story.



Take Notice

Paying attention to the present moment can improve your mental wellbeing by changing the way you feel about things and how you approach challenges.

Be curious, notice the beautiful, be aware of your feelings, reflect on your day. Find ways of keeping calm. Explore mindfulness.



Give

Research suggests that acts of kindness can help improve your mental health by

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

For example, say "Thank you", ask 'How are you?' offer to get some shopping for a neighbour, give someone a letter or draw them a picture, check in on friends and family. Find out helpful information for someone.

