

Five Ways to Wellbeing

Health is more than just the absence of disease.

Evidence suggests that building the following five actions into our day to day lives is important for our own wellbeing and that of our workplace and community

Connect...

Social relationships are critical to our wellbeing. Survey research has shown that choosing life goals involving family, friends, social and political life supports and enhances our lives:

Develop your relationships with family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

If you do 20 minutes of moderately intensive exercise, research shows that your mood can be elevated for up to 12 hours afterward:

Physical activity helps you to feel good so find something that you enjoy and suits your ability. Move your body. Step outside, Walk, Cycle, Play a game, Garden, Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice...

Research shows that raising the awareness of sensations, thoughts and feelings can improve our knowledge of ourselves and our wellbeing for several years.

Be curious. Be thankful. Catch sight of the beautiful. Remark on the unusual, notice the changing seasons. Savor the moment whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep Learning...

In achieving personal goals to learn something new, research has shown that higher levels of life satisfaction are achieved:

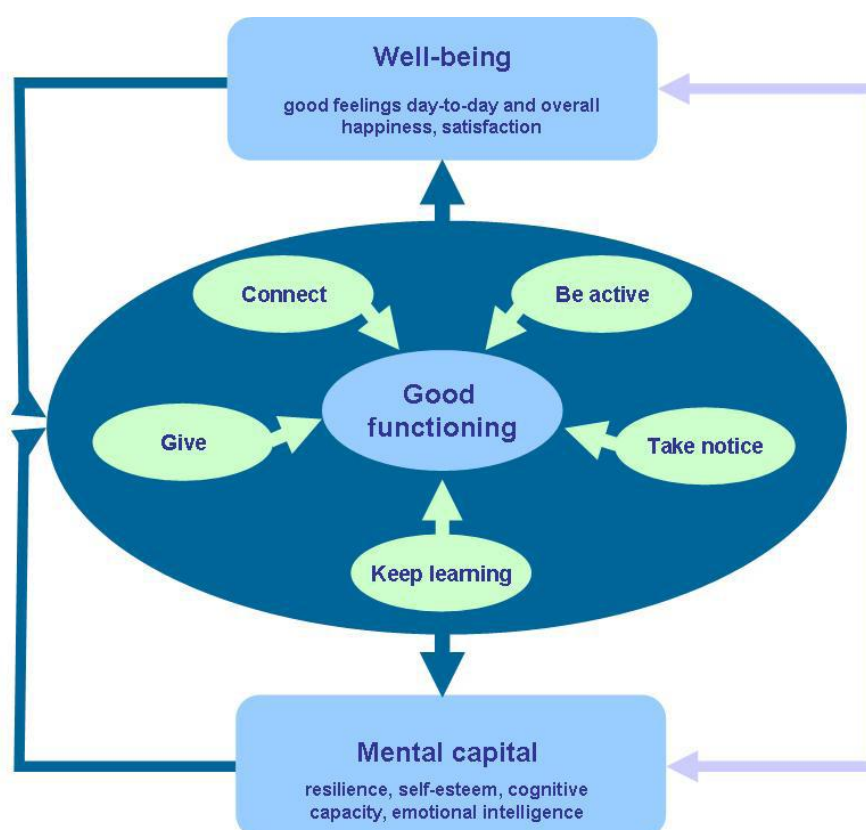
Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a Bike. Learn to play an instrument or how to cook your favorite food. Be creative. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

We are hard wired to help each other! Research shows that cooperative behavior activates the brain, and that giving and receiving is the simplest way of developing trust between people and communities:

Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

This model describes how these five actions help to enhance wellbeing



**The concept of wellbeing comprises two main elements:
feeling good and functioning well.**

Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life.

Equally important for wellbeing is our functioning in the world. Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of wellbeing.

Compiled by Health Action Trust, Nelson, 2010, from the following sources:

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- New Economics Foundation (2008). *Five Ways to Wellbeing*. Retrieved November 16, 2010 from http://www.neweconomics.org/sites/neweconomics.org/files/Five_Ways_to_Well-being_Evidence_1.pdf

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