

Five Ways to Wellbeing



The Five Ways to Wellbeing are:

The five ways have been used worldwide by young and old to help people take action to improve their wellbeing.

Connect

With the people around you. 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

Go for a walk or run. Step outside. 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

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking locally, 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

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

Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group, even online. 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.

Developed by The New Economics Foundation (NEF), the Five Ways to Wellbeing are simple actions you can do in your everyday life to feel good and function well. The research conducted in 2008, drew on state of the art research about mental wellbeing throughout life.

Resources:

[Mental Health Ireland](#)

www.mentalhealthireland.ie

[Alone](#)

www.alone.ie

[Samaritans](#)

www.samaritans.org **Call 116123**

[HSE](#)

**<https://www2.hse.ie/coronavirus/>
Text Hello to 50808**

[Spunout](#)

www.spunout.ie