

04 USING THE 5 WAYS TO WELLBEING

5 WAYS TO WELLBEING

KEEP LEARNING

Try something new. Try a new hobby, learn about something just because it interests you.

TAKE NOTICE

Take a break and take notice of how you are feeling. Relax and look around you or listen to music. Take a few deep breaths or try an online meditation.

BE ACTIVE

Physical activity not only makes you physically healthy, it also makes you FEEL GOOD!

CONNECT

Spend time with family and friends. Enjoy doing things together.

GIVE

Do something for a friend, teacher, or family member. As well as making them feel good, it can make you feel good too!

We know from research that there are five things we can all do that can really help to improve our wellbeing and boost our mood.

As an Ambassador for 'Just Talk', you will be able share this information with others and help them to think about what they are already doing that works well to improve their mood and wellbeing, and what they could consider doing more of.

This will be different for everyone. The important thing is to get people trying things out and thinking about whether or not it helps them to feel good.

As an Ambassador, you might want to share with people what works well for you as this can be a useful conversation starter and/or inspire ideas in people.

You could give people the 'Five Ways to Wellbeing' flyer as a useful reminder, and encourage people to use the second page to write down the things that work well for them to manage stress, anxiety or feeling low.



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Research tells us that the five ways to wellbeing can really help to boost our mood. However, there are times in life when you might need some extra help. If you're struggling, tell someone.

You can go to your GP, or visit www.justtalkherts.org for details of other support that's available.



