

# Five Ways to Wellbeing

The following steps have been researched and developed by the New Economics Foundation

## 1. Connect

Building and maintaining constructive relationships with people is an important part of wellbeing. Spending time around positive and supportive people means you are more likely to have a better self-image, be more confident and feel able to face difficult times. In return, if you are caring and supportive to other people, you are more likely to get a positive response from them.

## 4. Keep learning

Setting challenges and learning new things can help improve your confidence and inject some fun into your day. Why not rediscover an old hobby, sign up to a course or take up an instrument? Learn a new skill to mix things up and engage with something exciting.

## 2. Be active

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

## 5. Give

Altruism is a wonderful way to look after your wellbeing. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your role gives something back to your community.

## 3. Take notice

Take time during your day to savour the moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling. It will help you appreciate what's going on around you.

For more information about the Five Ways to Wellbeing, visit [neweconomics.org](http://neweconomics.org)

[mind.org.uk/bluelightSAR](http://mind.org.uk/bluelightSAR)

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