

The 5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Tenacity Empathy Aspiration Motivation



Do something nice for a friend, help out at home, thank someone, smile, volunteer your time, join a community group, look out as well as in.

Any acts of kindness, whether small or large can make you feel happier and more satisfied about life.



LITTLE ACTS OF KINDNESS

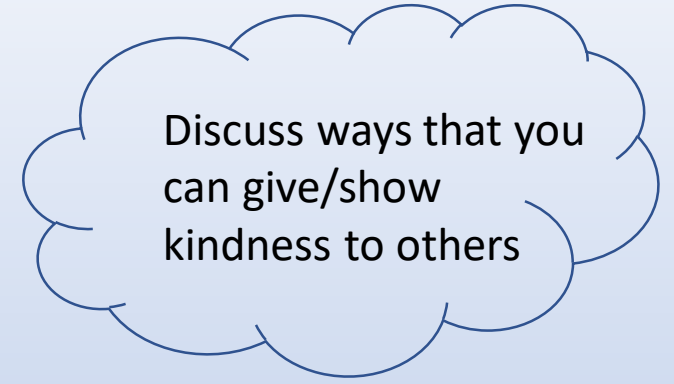
- facetime and call friends & family
- walk a neighbour's dog if they can't go out
- support small businesses by purchasing online!
- make a playlist to send to a worried friend
- offer to buy groceries for an elderly neighbour
- tidy/clean the house so your family don't have to
- donate to a foodbank (they'll be in need of supplies!)
- check in on those with mental health problems
- make a care package for someone in isolation (you can leave it outside their door)





Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people



- Share your time, your knowledge and your words
- Smile and be willing to give your time to a conversation
- Check up on a friend
- Say thank you to someone who has helped you. Send a text, or message or write them a letter to show how much it meant to you.
- Give unwanted items to a local charity shop
- Donate your time to do something for someone else
- Offer to help your parents or people you live with round the house
- Give some food to a food bank





Pick someone in your life (Friend, parent, neighbour, brother, sister, teacher!)

Think about what act of kindness you can carry out for the person you have selected
(This may be virtual)

Carry out the act before the end of the week

Enjoy giving kindness to others

