

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

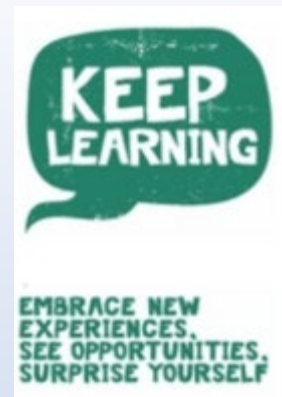


EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Tenacity Empathy Aspiration Motivation



Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Tenacity Empathy Aspiration Motivation



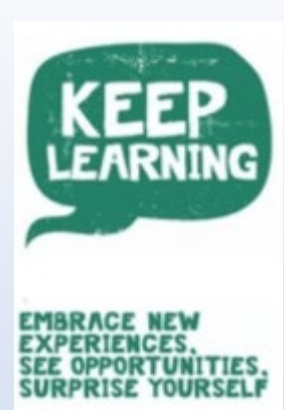
Discuss things that you can do to
bring new learning into your
lockdown life

There are some ideas on the next slide

Everyone will need to pledge what they are going to try at the end of tutor time

Tenacity Empathy Aspiration Motivation





Try learning to cook something new

Look up a word you've never come across before

Learn to ride a bike (or even a unicycle!)

Learn how to count to 10 in Cornish

Learn 13 amazing facts about your favourite animal

try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

Teach yourself how to juggle

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Everyone should commit to learning at least one new thing before we revisit 'keep learning' in six weeks time



Your idea could combine the other 'ways to wellbeing'

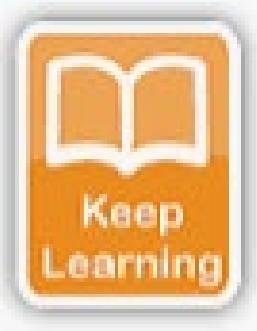
Learn something new with a friend (connect)

Learn a new exercise/dance (be active)

Learn some mindfulness activities (notice)

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Commit your ideas to a form pledge – you are more likely to stick to them then!

Name	Learning...	Name	Learning....

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