Five ways to wellbeing

Using the Five Ways to Wellbeing to take care of our mental health all year round is a good way to manage your wellbeing. These simple strategies are a toolkit for feeling good. They're not just for the tough times; they are every day habits that help to build mental resilience. So, whether it's January or July, these five ways can support you with your wellbeing, and can be personalised to fit into your individual life. It's important that we all look after our mental wellbeing. Take a look at the examples below:

Be Active

Invite a friend or family member to take a casual stroll with you in your local park, or find a local Walk & Talk event and sign up; it's exercise and catch-up time rolled into one!
Explore your local neighbourhood on foot or bike – this can add some variety and a sense of discovery to your exercise routine.
Try some seated exercises or walk on the spot when you're waiting for the kettle to boil – these are both great ways to simply get our heart racing a little when we have low energy and need adaptations.

Take Notice

This is about making time to appreciate the world around us. Being aware of the present moment and your own feelings and thoughts, can help you to positively change how you're feeling about life. Mindfulness can be a useful tool to use to de-stress and retrain our brains to be in the moment.
The Mental Health Foundation website has a lot of resources.
You can access the website here:

PAUSE WARRINGTON

Warrington Speak Up

Get Warrington Talking

Learn

Learning increases our confidence and can be fun! Put time aside for yourself to learn something new or something that you have always been interested in, read a new type of book or sign up for a course in your local area, Why not start off with something small, taking it at your own pace to increase your knowledge and confidence.

Give

It is so rewarding giving back to others. Acts of kindness are free and can improve your wellbeing and that of the person you are being kind to. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community. Why not think about using some of your time to volunteer for a cause that you feel enthusiastic about.

Connect

It is important to stay connected with friends or family, especially if you are feeling down. Why not have a chat over a cuppa, as talking can help to lift our mood. Connect online or over the phone if you struggle with face-to-face interactions. If you know of someone who might be on their own or feeling low, why not arrange to spend time with them.