

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.



There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these in to your daily life – think of them as your ‘five a day’ for emotional wellbeing.



Connect

Connect with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your lifetest time in developing them. Building these connections will support and enrich you everyday.



Be active

Go for a walk or run, step outside, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy, one that suits your level of mobility and fitness.



Take notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend, or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. Look out, as well as in, seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The 5 ways to wellbeing were developed by the New Economics Foundation