

The Five Ways to Wellbeing ideas



Connect



● Virtual meetings

Download some of the virtual meeting software available such as Zoom, House Party and Whatsapp video and connect with your family and friends this way. Some of these apps such as House Party even allow you to play a quiz whilst chatting.

● Board games

Good old-fashioned board games are a great way to connect with your family. Or, you can play virtual games with the family and friends you can't see at this time.

● Do crafts together

Find some new craft activities to do, Pinterest is a great site with so many ideas. Arts and crafts is a good way to practise mindfulness.

Keep learning



● Sign up for a free online course. The Open University is a convenient place for free online education.

● Learn some new DIY skills. YouTube videos can help with this.

● Learn a new language.

● Learn how to use social media if you are not already familiar with it.

● Learn how to cook a new recipe or type of food.

● Maybe just find out about something you are curious about.

● Every dreamed about setting up your own business? Why not read about how to achieve this?

Be active



● Go for a daily walk, run or bike ride.

● Try taking up the couch to 5K challenge (load the app).

● Try and achieve your 10,000 steps a day.

● Do the daily mile challenge.

● Follow an on-line exercise class. Joe Wicks/The Body Coach has some great free on-line exercise videos for all ages and mobilities.

● Make an obstacle course in your house and or garden and compete with your family.

● Gardening and housework help to keep you active too.

Take Notice



● To take notice is to pause, even if for a brief period. To spend some time in silence and reflect on what's going on around us; to look up and give time and attention to being aware of where we are and what is before us.

● Try to switch off to social media, the news, the phone, just for a while and be in the moment. If you are lucky enough to have family or loved ones at home, try to enjoy this extra time you have together.

● If you have access to music, play your favourite songs and focus on the different words, melodies and instruments.

Give



● Giving a smile, a compliment or encouragement to someone.

● If you know someone who might be vulnerable, give them a call to check they are ok.

● Give your time to help a vulnerable person with shopping if they need it.

● If you are busy looking after others, make sure you look after yourself and give yourself the time to be active, to connect to learn and take notice.

