

Evidence suggests there are 5 steps we can all take to improve our wellbeing

The following is not by any means an exhaustive list, but a few simple ideas we can use in our everyday context

Be Active

- Walk instead of public transport
- Take the stairs not the lift
- Go to see someone instead of emailing / WhatsApping them
- Couch 2 5K
- Gym free workouts

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

Connect

Building relationships - strengthen old ones or broaden relationships.

- If possible, take time each day to be with your family. This could include a fixed "family time" each day.
- Arrange a day out with friends you haven't seen for a while.
- Switch off the TV and play a game with family/friends, or just talk.
- Make the effort to phone people sometimes - it's all too easy to get into the habit of only ever texting, messaging or emailing people.
- Speak to someone new today.
- Have lunch with a colleague or peer, perhaps someone you don't usually get time to talk to.
- Visit a friend or family member who needs support or company.
- Volunteer at a local hospital or community group such as Serve The City - www.stcmadrid.com/en/
- Make the most of technology - video chat apps like Skype and FaceTime are a great way of staying in touch with friends and family, particularly when abroad.

Keep Learning

- Learn to cook a favourite dish that you have never eaten at home - Easy Meals app
- Visit a gallery or museum and learn about a person or period in history that interests you.
- Take on a new responsibility at work or a CPD course
- Do a DIY project you've been meaning to do
- Sign up for a course - online, or an evening class - Futurelearn.co.uk
- Rediscover an old hobby that challenges you, whether it's making models, writing stories, sewing, card making, baking.

Give

Giving can take lots of different forms, from small everyday acts to larger commitments.

Today, you could:

- Say thank you to someone for something they have done for you.
- Phone a relative or friend who needs support or company.
- Ask a colleague how they are and really listen to the answer.
- Offer to lend a hand if you see a stranger struggling with bags or a pushchair.

This week, you could:

- Arrange a day out for you and a friend or relative.
- Offer to help a relative with DIY or a colleague with a work project.
- Sign up to a mentoring project, in which you give time and support to someone who'll benefit from it.
- Volunteer in your local community (eg Serve the City, link above)

Notice

- Clear the clutter - notice your workspace
- Get a plant for your desk
- Take some time to notice nature - mountains
- Notice the everyday - focus on what we normally do on autopilot, think about the texture and taste of our breakfast, sensations of wind as we walk to work - these small things can interrupt the “autopilot” mode
- Mindfulness practises - Headspace or Calm apps

Log your Wellbeing

Write down what activity you have done and circle the smiley face that best shows how it made you feel.

Did you feel different at the end of the week?

	Be Active	Learn	Connect	Give	Take Notice
Monday	  	  	  	  	  
Tuesday	  	  	  	  	  
Wednesday	  	  	  	  	  
Thursday	  	  	  	  	  
Friday	  	  	  	  	  
Saturday	  	  	  	  	  
Sunday	  	  	  	  	  

