

The background features several large, semi-transparent colored circles in shades of orange, light green, light blue, and pink. On the right side, there are stylized flowers with green stems and leaves. The flowers have circular heads in various colors: a large magenta one at the top, a green one below it, a blue one to the right, a yellow one below the green one, and a purple one to the right of the blue one. Each flower head contains a white silhouette of a five-petaled flower with a small heart in the center.

# Five Ways to Wellbeing

Taking steps towards living well

# “Five Ways to Wellbeing”

- This presentation is one of three resources that have been developed in Devon and can be used to promote the “Five Ways to Wellbeing”
- These include:
  - Taking steps to living well. A personal guide to the Five Ways to Wellbeing
  - Report from our pilot project – “Five Ways to Wellbeing: how do you get the message across”
- Contacts for these resources will be given at the end of the presentation



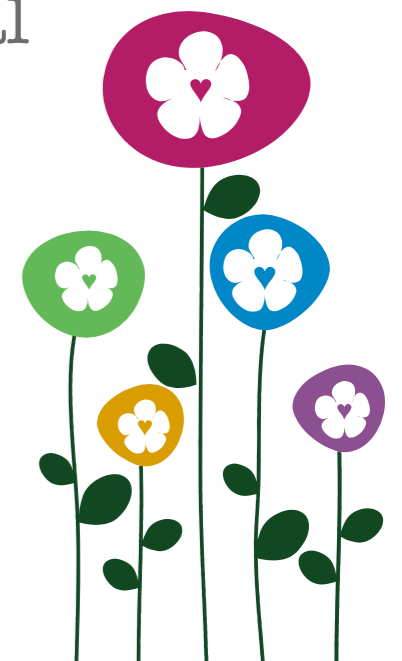
# Aim of this presentation

- To introduce and explain the “Five Ways to Wellbeing”
- To encourage open discussion and engagement particularly when used alongside the personal guide booklet
- To learn something of value to use for yourself, your family and friends and your patients



# Background of “Five Ways to Wellbeing”

- There has been longstanding concern and interest in promoting public health.
- Some progress has been made on physical health promotions – diet, exercise, smoking cessation as well as the ‘Five a day’ for physical health being in the public consciousness.
- But how do you promote mental health and wellbeing? What do you say? Could there be a ‘5 a day’ for mental health?



# Background of “Five Ways to Wellbeing”

- The Government Office of Science commissioned the new economics foundation (nef) to conduct a comprehensive review of what people could do that promote their mental health and wellbeing i.e. evidence-based actions or behaviours.
- Guidance on ‘The Five ways to wellbeing’ was developed and published in the Foresight report on Mental Capital and Wellbeing (2008)<sup>1</sup> but there was little follow up or work on ‘getting the message across’.
- The Boorman review of wellbeing in the NHS workforce (2009), illustrated both grounds for concern and the importance of adopting a proactive stance towards the health and wellbeing of health care workers.

1. [www.bis.gov.uk/assets/bispartners/foresight/docs/mentalcapital/mentalcapitalwellbeingexecsum.pdf](http://www.bis.gov.uk/assets/bispartners/foresight/docs/mentalcapital/mentalcapitalwellbeingexecsum.pdf)



# Consider this...

- What does wellbeing mean to you?
- What do you do to you look after your mental wellbeing?

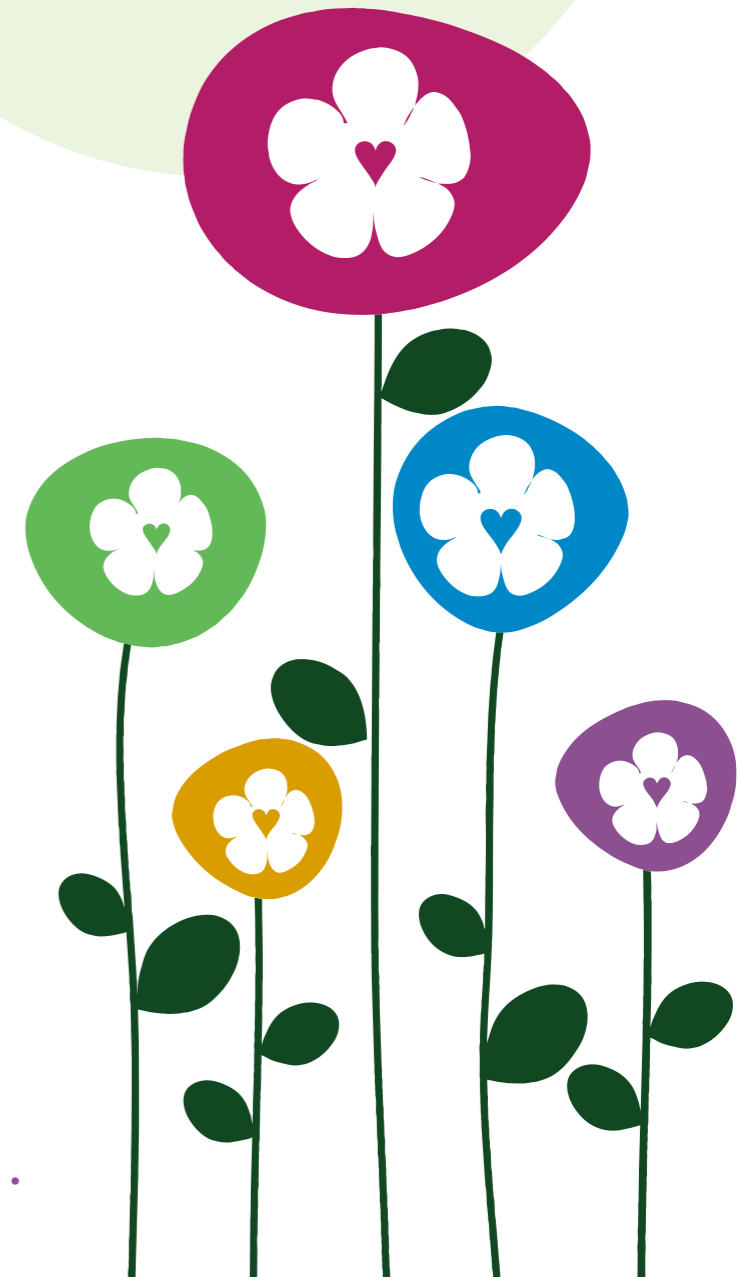


# The “Five Ways to Wellbeing” are...

C... L... A... N... G...

- **C**onnect
- keep **L**earning
- be **A**ctive
- take **N**otice
- **G**ive

Connect... Keep learning... Be active... Take notice... Give...



# “Five Ways to Wellbeing”

The first of the five ways  
is to **Connect**

Connect... Keep learning... Be active... Take notice... Give...

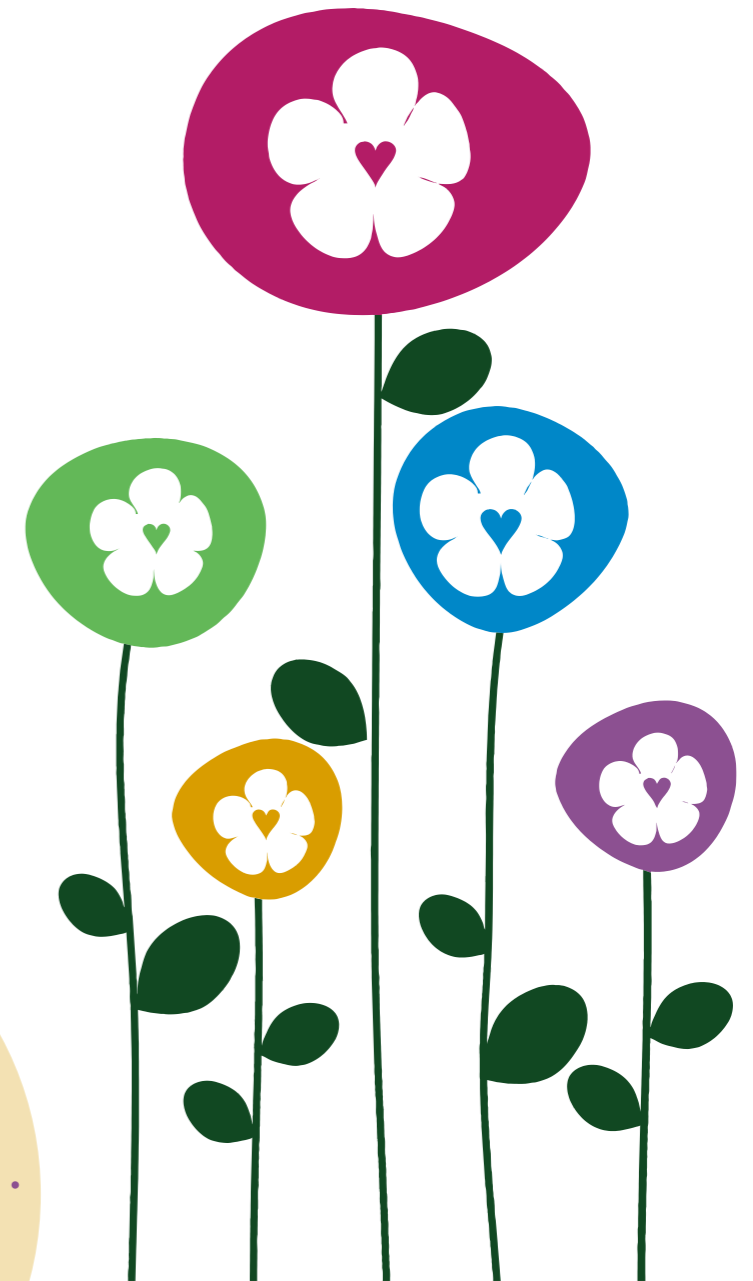




# Connect...

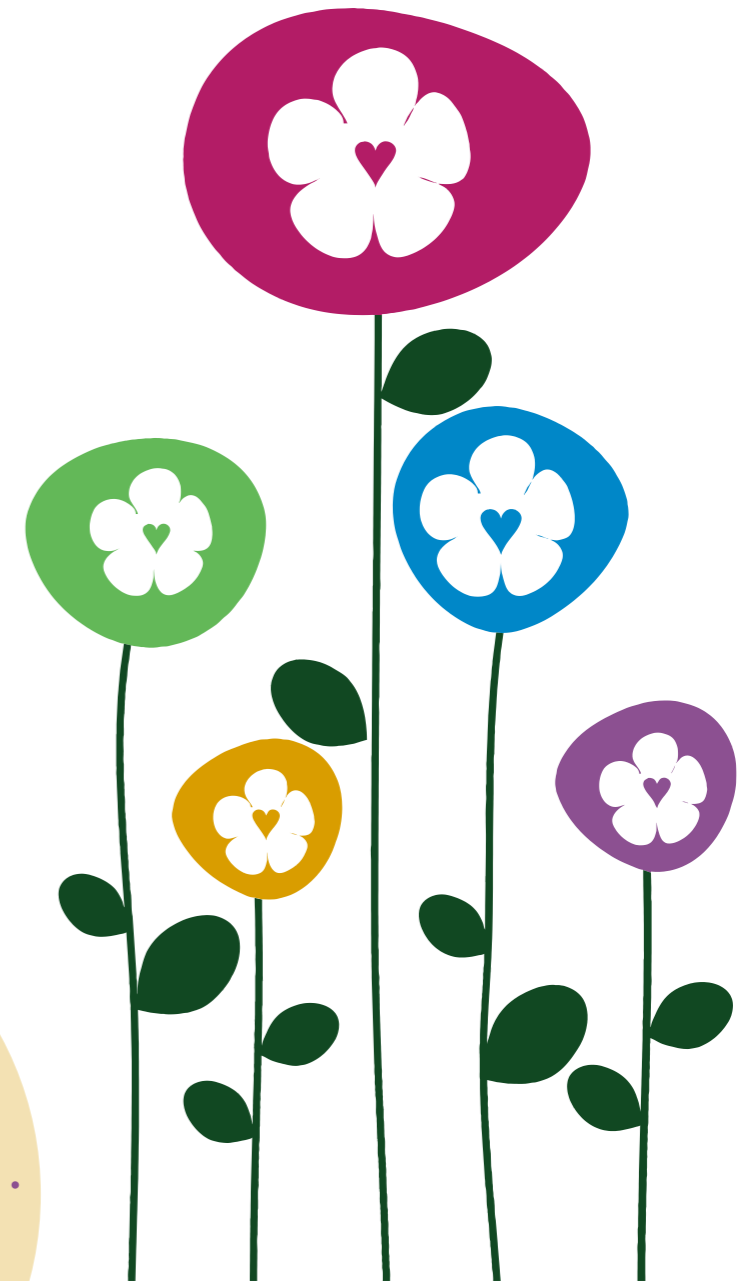
- With the people around you
- With family and friends, colleagues and neighbours
- At home, work, school or your local community
- **Think of these as the cornerstones of your life and invest time in developing them**
- **Building these connections will support and enrich you every day**

Connect... Keep learning... Be active... Take notice... Give...



# Consider this about Connecting...

- When you connect, does it have a positive impact on your life?
- How can you can incorporate positive connections into your life?

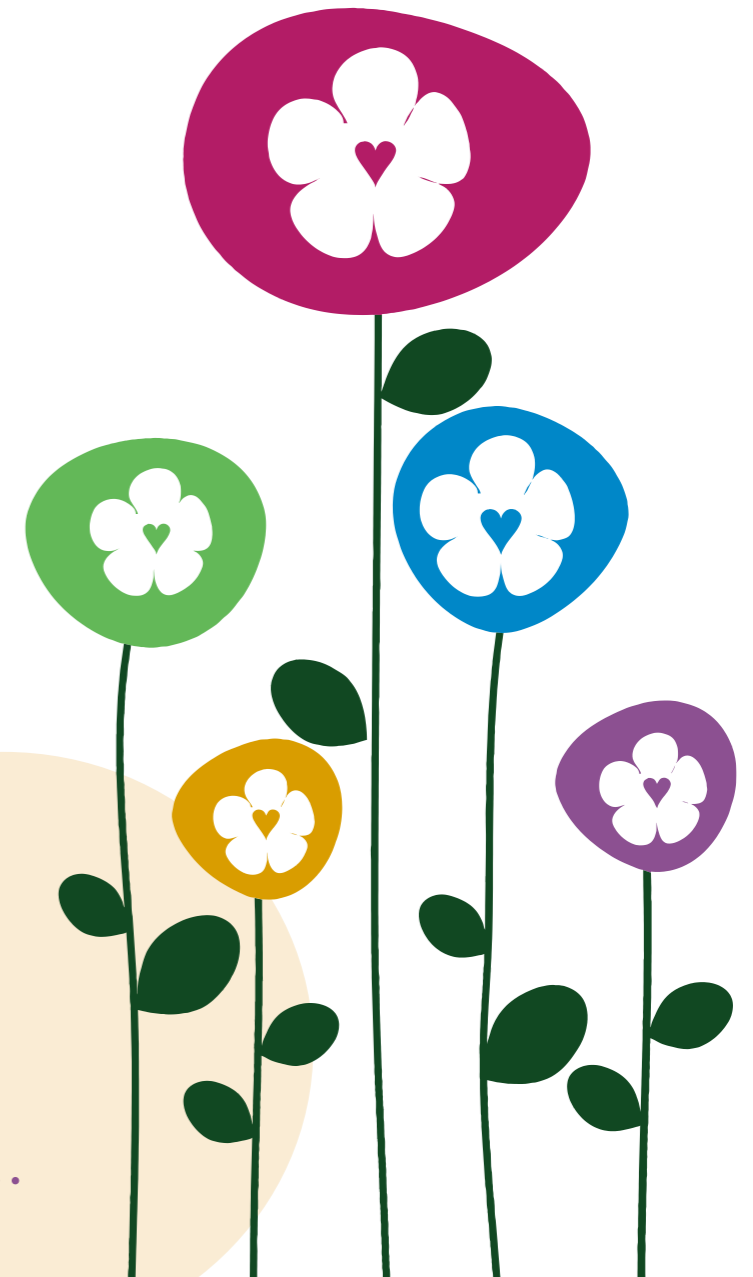


Connect... Keep learning... Be active... Take notice... Give...

# “Five Ways to Wellbeing”

The second of the five ways  
is to **keep Learning**

Connect... **Keep learning**... Be active... Take notice... Give...



# keep Learning...

- Try something new
- Rediscover an old interest
- Sign up for that course
- Take on a different responsibility at work
- 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**

Connect... Keep learning... Be active... Take notice... Give...



# Consider this about Learning...

- People gain more satisfaction when learning is in tune with their own core values
- The evidence shows that reflecting and being receptive to new learning enhances mental wellbeing – were you aware of this?

Connect... Keep learning... Be active... Take notice... Give...



# “Five Ways to Wellbeing”

The third of the five ways  
is to **be Active**

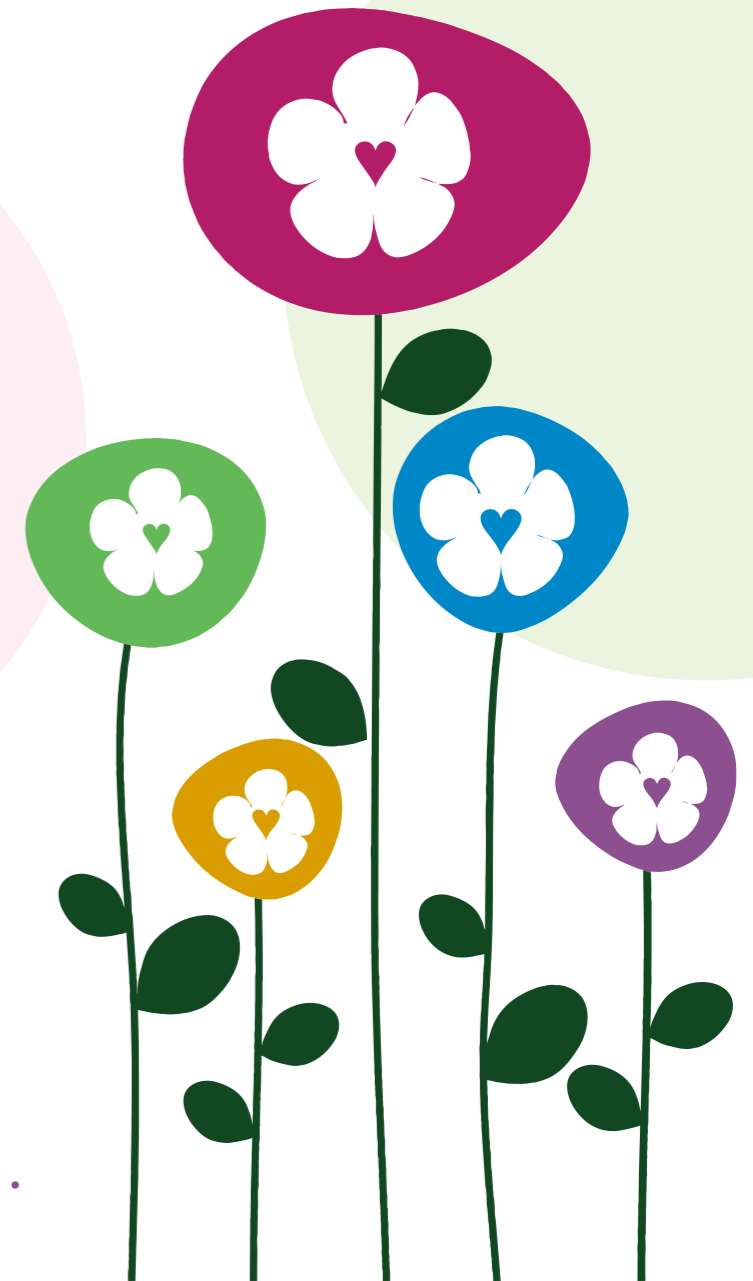
Connect... Keep learning... **Be active...** Take notice... Give...



# be Active...

- Go for a walk or run
- Step outside
- Cycle
- Play a game
- Garden
- Dance
- Most importantly, discover a physical activity you enjoy that suits your level of mobility and fitness
- **Exercising makes you feel good**

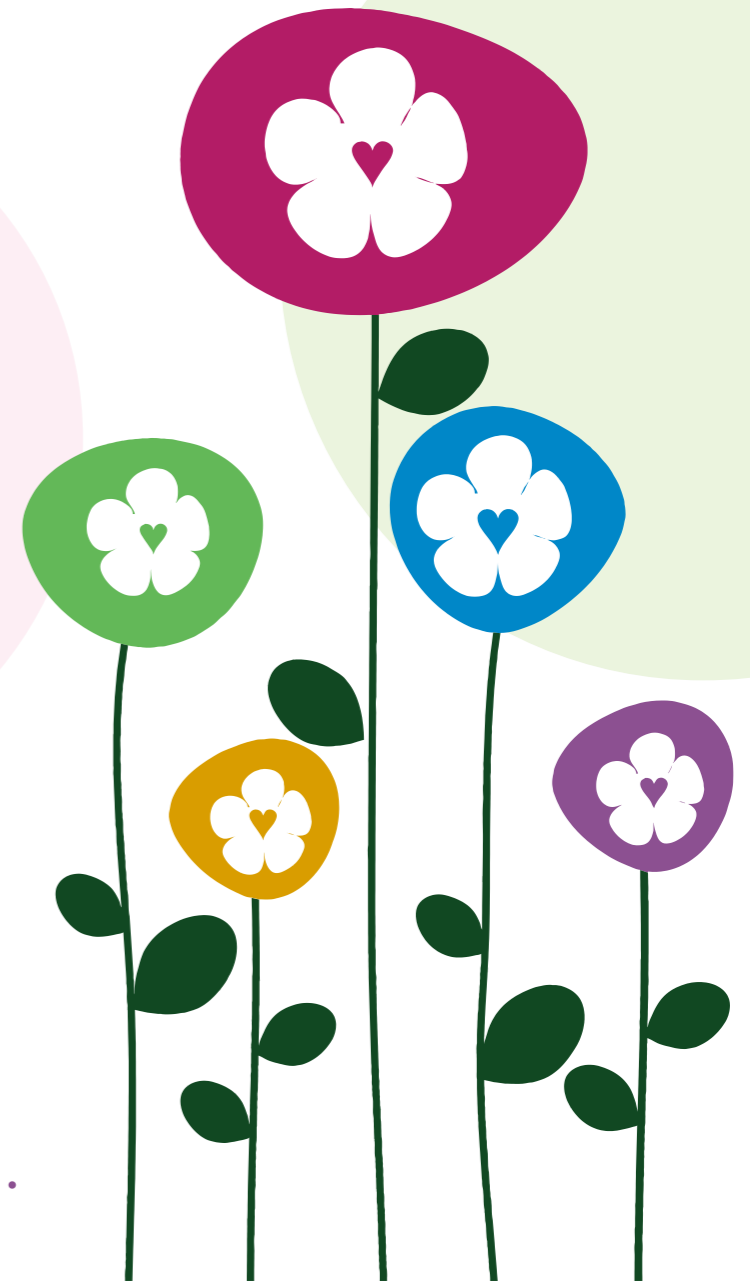
Connect... Keep learning... Be active... Take notice... Give...



# Consider this about being Active...

- Exercise makes you feel good and just a small amount has been shown to improve mental wellbeing
- The first step is often the hardest, but the more you do, the easier it becomes
- What steps could you take to be more active in your life?

Connect... Keep learning... Be active... Take notice... Give...

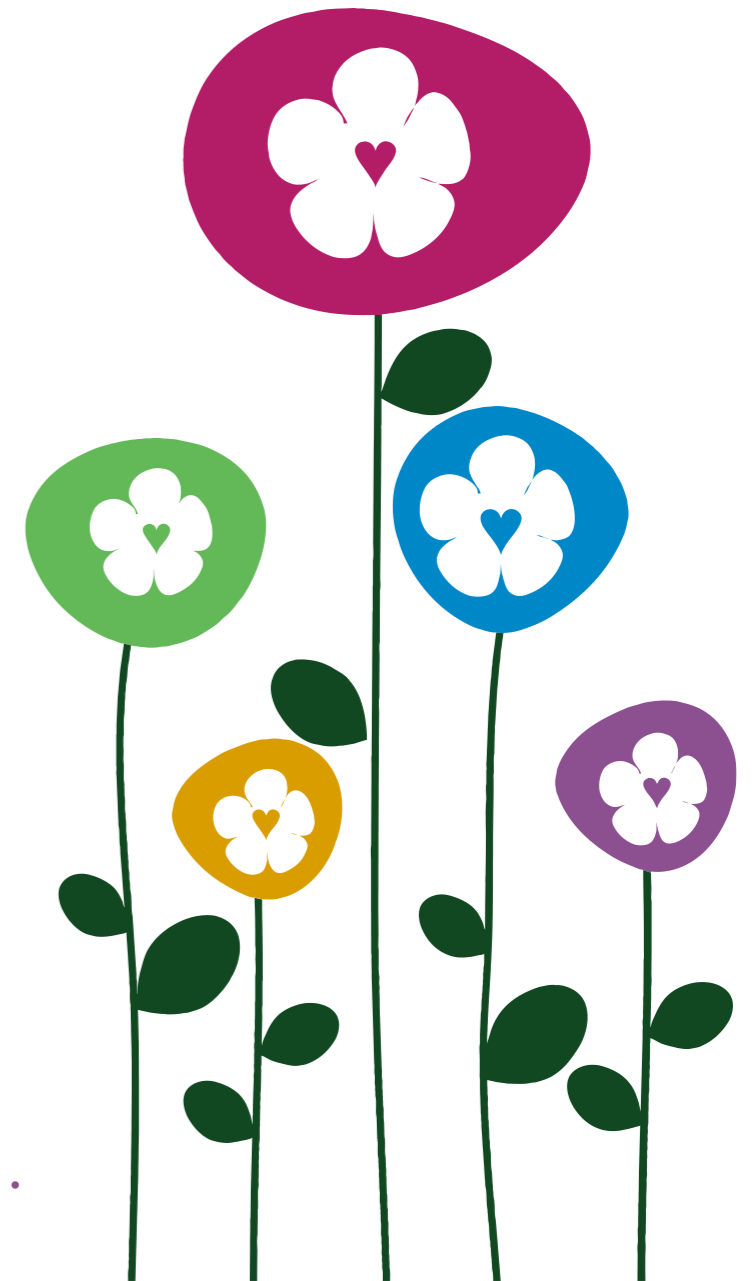




# take Notice...

- Be curious
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Savour the moment, whether you are walking to work, 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**

Connect... Keep learning... Be active... Take notice... Give...



# Consider this about Noticing...

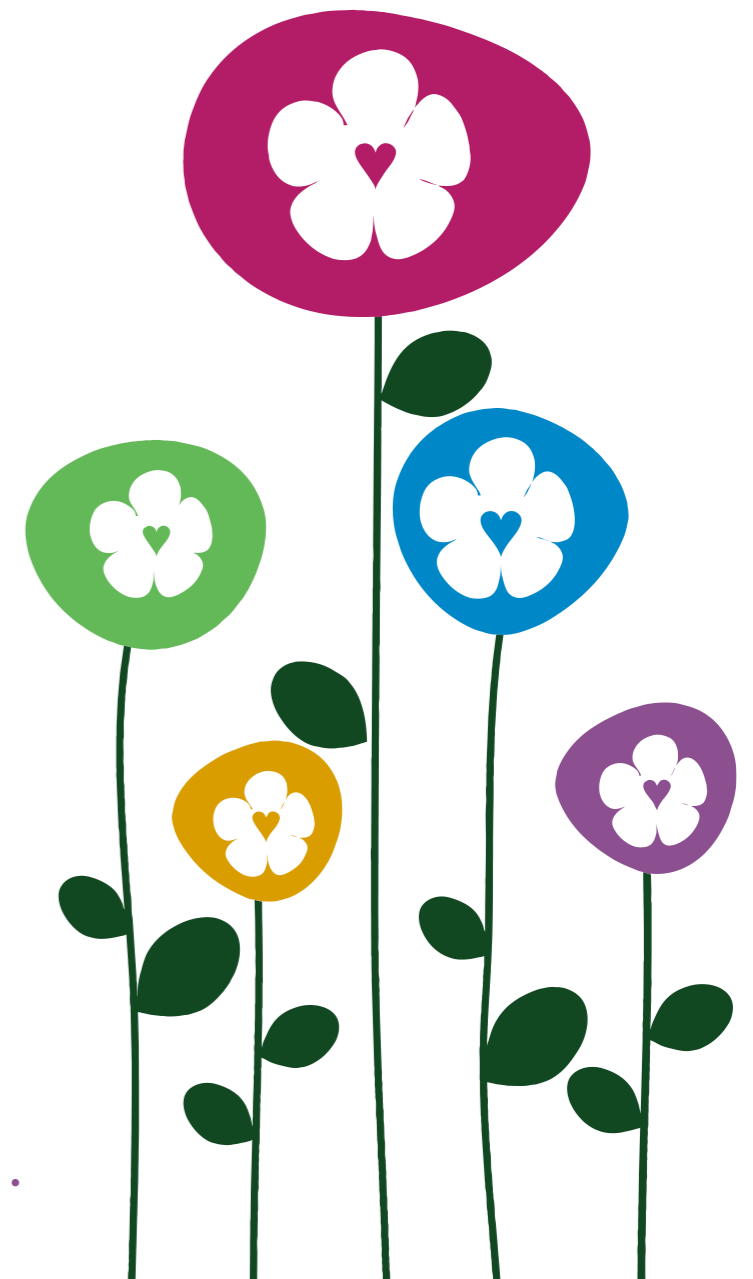
- Taking notice, being aware and mindful is associated with mental wellbeing
- Notice that you are connecting, learning, being active and giving
- When can you take notice and reflect on what you experience?

Connect... Keep learning... Be active... Take notice... Give...



# “Five Ways to Wellbeing”

The fifth of the five ways  
is to Give

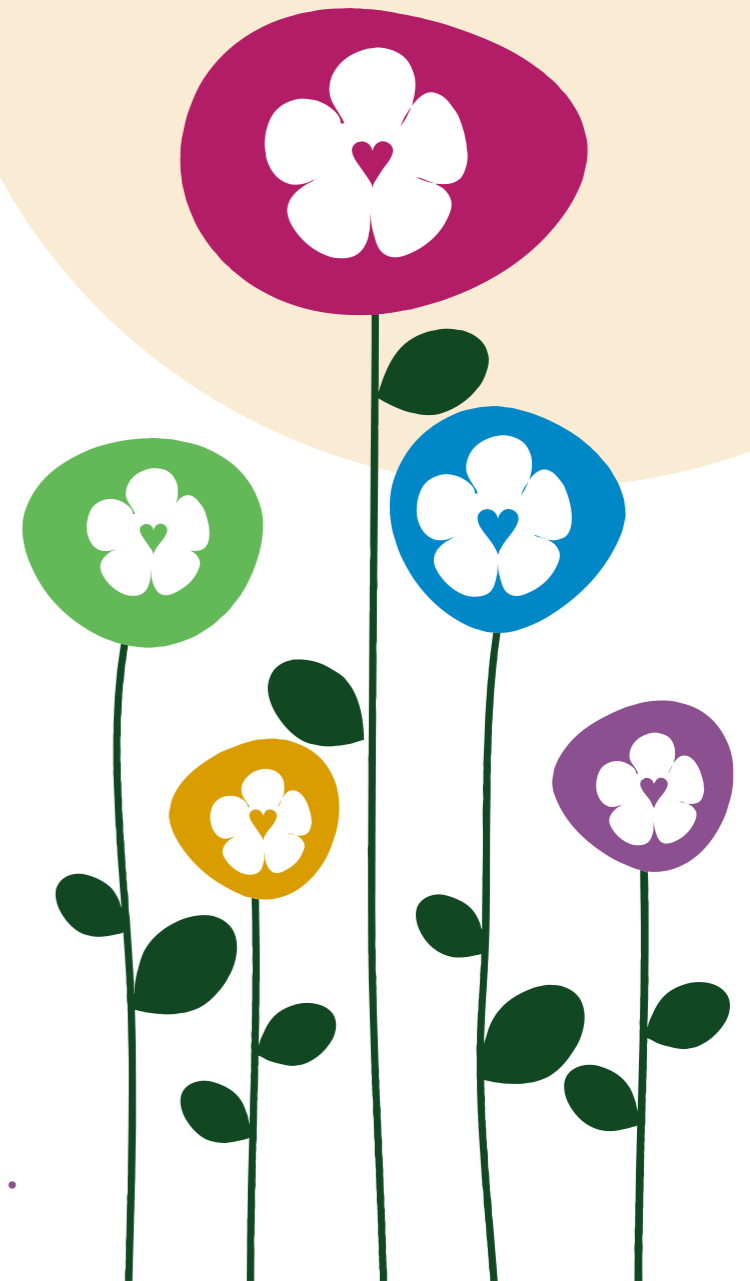


Connect... Keep learning... Be active... Take notice... Give...

# Give...

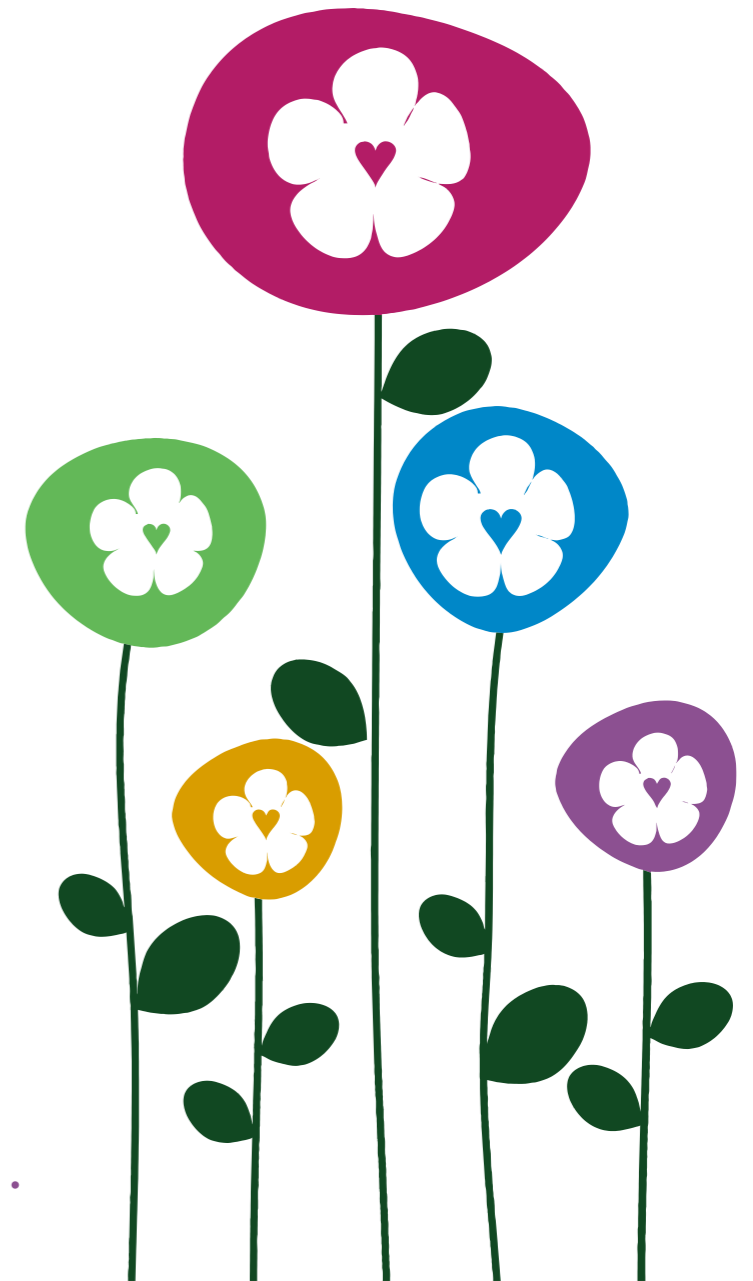
- Do something nice for a friend, or a stranger
- Thank someone
- Smile
- Volunteer your time
- Join a community group
- Look out as well as in
- **Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you**

Connect... Keep learning... Be active... Take notice... Give...



# Consider this about Giving...

- It is associated with wellbeing particularly when unconditional
- You could give a smile or volunteer your time but what is important is that you choose to give
- How could you give more to others?



# How the “Five Ways” improves mental resilience

- Each of the “Five Ways to Wellbeing” positively enhances wellbeing.
- When you have these positive experiences you will change how you think and behave, enhancing your mental capital and becoming emotionally more resilient.

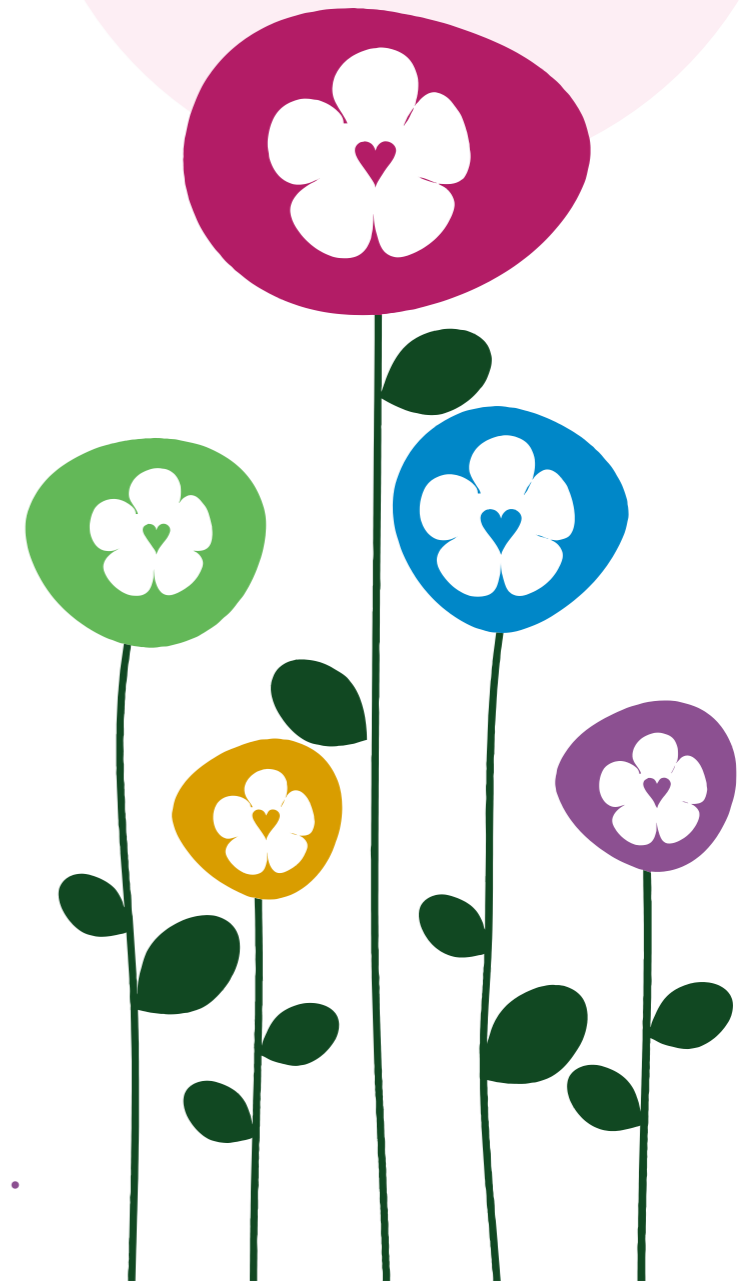


Connect... Keep learning... Be active... Take notice... Give...

# How the “Five Ways” improves mental resilience



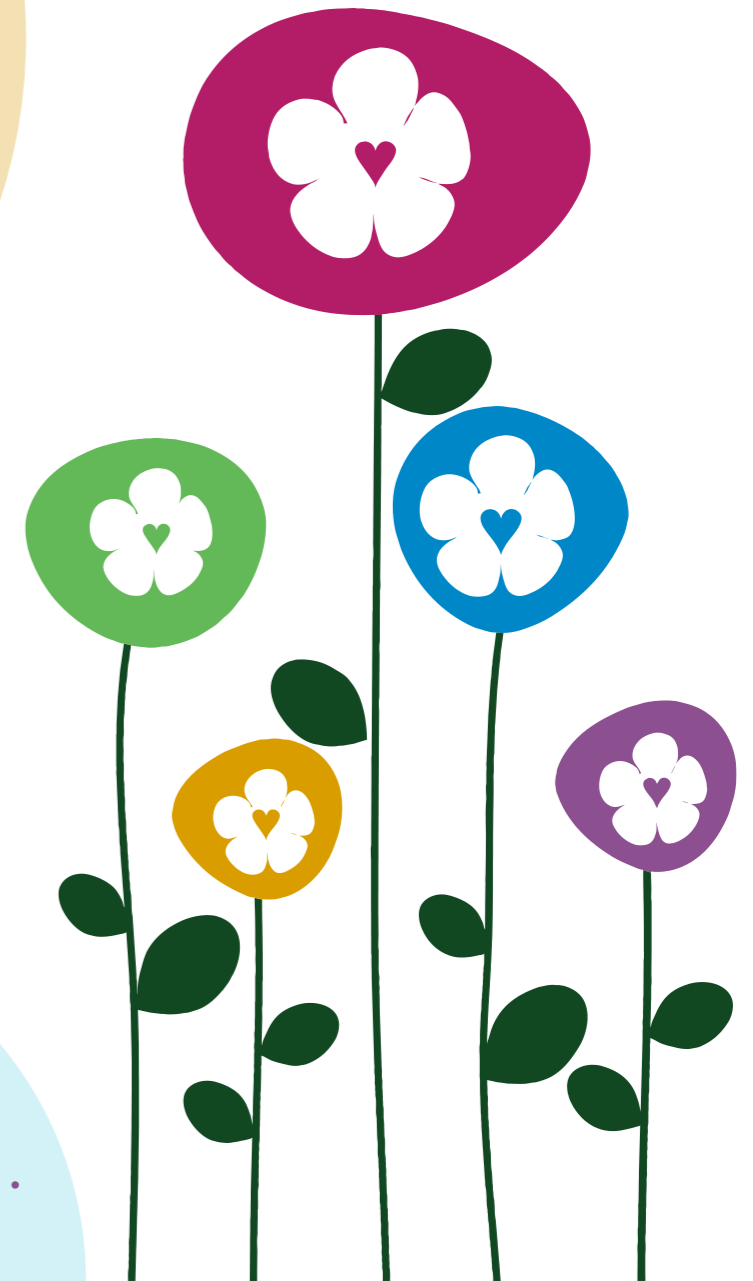
Connect... Keep learning... Be active... Take notice... Give...



# To summarise...

- The “Five Ways to Wellbeing” are simple, accessible and achievable for everyone
- Choosing to act and engage in the “Five Ways to Wellbeing” will result in living well.

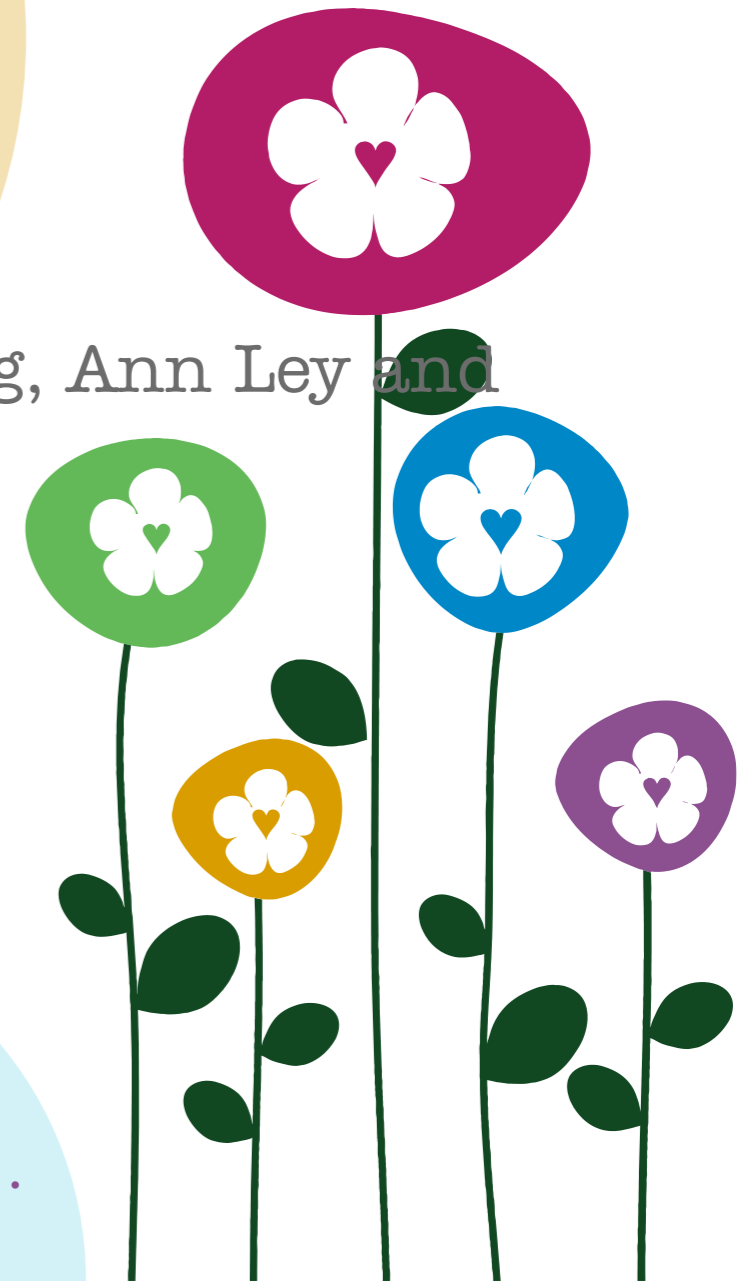
Connect... Keep learning... Be active... Take notice... Give...





# Acknowledgements

- Glenn Roberts, Ran Bora, Emma Hoorning, Ann Ley and Melanie Long.



Connect... Keep learning... Be active... Take notice... Give...