

Five ways to well-being

1

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 life and invest time in developing them. Building these connections will support and enrich you every day. Want to find out more about how to start a conversation about mental health? Go to www.time-to-change.org.uk.



Be Active Step outside. Go for a walk or run. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. Search www.sportpartnershiphw.co.uk

Interested in walking? Go to www.walkingforhealth.org.uk for walks in Worcestershire.

2

3

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. To find out more about mindfulness and other services visit www.hacw.nhs.uk and search 'healthy minds'



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. To find adult courses in Worcestershire go to www.worcestershire.gov.uk and search 'adult learning'.

4

5

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. For information on a variety of volunteering opportunities available in Worcestershire visit www.do-it.org.uk.



Promoting...

Health and Well-being