



The 5 Ways to Wellbeing can help you improve your mental health and wellbeing, and your overall feeling of happiness.

Here are some simple, effective ideas to help you choose how to increase your personal wellbeing.

Remember! It doesn't matter how much or how little you do – all positive action helps.

### Keep learning

Learning new skills can build your sense of achievement, confidence and self-esteem - and will keep your mind active.

#### You can:

- Try a new or re-discover an old hobby or activity
- Read, or try a new book genre
- Take part in a quiz
- Do a crossword puzzle or Sudoku
- Try a new recipe
- Explore local history or art collections (these can be done in person or online)

Keep Learning

### Be active

You can walk, run, dance or stretch your way to wellbeing – whatever works for you.

#### You can:

- Take the stairs instead of the lift
- Go for a walk at break or lunchtime
- Stretch and move your body while you are sitting
- Count your daily steps and set increasing goals
- Join a local activity group, such as dancing or multiftit
- Walk to the cornershop rather than driving

Be Active

### Connect

Spending time building positive relationships and social connections with family, friends, neighbours and colleagues is great for your sense of happiness and wellbeing.

#### You can:

- Speak to friends and family more often
- Reconnect with an old friend or acquaintance
- Visit someone who might enjoy some company or help
- Talk to someone new
- Ask again if someone doesn't seem okay
- Ask your neighbour how they are doing?

Connect

## Take notice

Bring your attention and interest to your surroundings and look for things that bring you happiness. This is sometimes called mindfulness.

### You can:

- Really taste and enjoy each mouthful of food
- Breathe deeply and evenly for a few moments to calm your body and mind
- Take a stroll outdoors and notice the colour of the leaves
- Declutter, and recycle or repurpose unneeded items
- Listen and respond to the needs of your body and mind

Take  
Notice

## Give

Giving time freely to help others builds your sense of community and belonging.

### You can:

- Perform a random act of kindness for a friend, or a stranger
- Volunteer some time to help a person or group
- Say thank you, and show gratitude
- Offer to lend a hand to someone who is struggling
- Help keep your neighbourhood tidy and welcoming
- Mentor or support someone in need of help

Give

## Other mental health and wellbeing support

### Coventry:

<https://www.coventry.gov.uk/adultmhs>

### Warwickshire:

[www.warwickshire.gov.uk/mentalhealth](http://www.warwickshire.gov.uk/mentalhealth)