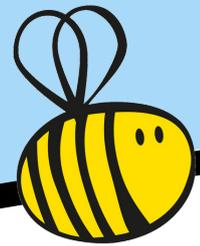


Five Ways to Wellbeing- Indoors



The five ways to wellbeing are five areas of our lives that we can build up to help ourselves feel better. For each way to wellbeing below, fill in the boxes with what you already do and what new things you would like to try. Try to build these things into your daily life whilst you are 'social distancing'. It is really important that you put effort into looking after yourself.

Follow a workout on youtube. Do yoga, pilates or stretching. What about some energetic cleaning!? How long can you hold a plank? Do some high knees or star jumps. Build an assault course. Find something you enjoy and suits your level of mobility and fitness. Just 10 or 15 minutes of physical activity a day can make a difference to your mental wellbeing. Try to keep getting up if you are sat down.



| What do I do already? | What more would I like to do? |
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Connect with people – family, friends, neighbours – at home, work, school, your local community. Social distancing is about physical distance, not emotional. Try to find ways you can still reach out. Message, call, video call, social media, letters, sending cards or notes are all ideas you can try. Maybe you can watch the same film/show at the same time and message about it. Maybe you can encourage an older relative to get a gaming app like scrabble and play with them. Reach out to older people or those who are unwell.

| What do I do already? | What more would I like to do? |
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Be curious about what's around you. Notice the changing seasons. Think about how you can be creative. Be aware of your feelings and reflect on your experiences. To take notice is to be in the present, in the 'here and now', and to be aware and mindful of your surroundings, to be alert to what is happening around you. It can mean pausing, even for a brief period, to spend some time in silence and reflect on your experiences.



| What do I do already? | What more would I like to do? |
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Try something new or pick up an old interest. Do a course to learn new information or a skill, pick up a musical instrument or get out some paints. You could ask an adult to show you how to cook their favourite food or how to fix a bicycle. Download an app to learn a language. You can learn from reading, listening to the radio, podcasts, watching television or youtube videos. Borrow some knitting needles! Start a project and research something you are interested in like feminism, climate change or architecture.



| What do I do already? | What more would I like to do? |
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Do something nice for someone. Thank someone. Make a gift or a card. Cook dinner. Make a drink. Volunteer your time for a local group if you are able to safely. Help around the house. Show you care to those who might be struggling. Be patient. Some people find giving easy, but don't find it so easy to receive - whether gifts or compliments. If you know it makes you feel good to give, then when you accept something you know it's good for the person who's giving to you too. Ask for help so that others can give to you.



| What do I do already? | What more would I like to do? |
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