



# Five ways to wellbeing

## 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**

# Five ways to wellbeing

A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for wellbeing:

## 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.

## 2. 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.

## 3. be Active...

Go for a walk or run. Step outside. 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.

## 4. 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.

## 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.

The messages identified are intended to have generic appeal, while offering concrete activity-based ideas on how to improve personal wellbeing. They aim to prompt people into thinking about those things in life which are important to their wellbeing and perhaps should be prioritised in their day-to-day routines. It is almost certainly the case that people will, to some extent, already be involved in specific activities under the over-arching themes of connecting, being active, learning, taking notice and giving.

Taken from the report presented to the Foresight Project on communicating the evidence base for improving people's wellbeing. Written by: Jody Aked, Nic Marks, Corrina Cordon, Sam Thompson from the Centre for wellbeing, nef (the new economics foundation).

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## 2. 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**

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Visit [www.dpt.nhs.uk/FiveWays](http://www.dpt.nhs.uk/FiveWays)

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## 3. be Active...

Go for a walk or run

Step outside

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**

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## 4. 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  
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## 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

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