

# 5 WAYS TO WELLBEING

The Five Ways to Wellbeing were originally developed by the New Economics Foundation (NEF) in the UK. They offer evidence supported actions for nurturing individual and community wellbeing. Below we share insights and examples from people with lived experience. These are the tips, tricks and tools that help us get through uncertain times.

## CONNECT

*staying connected with family and friends via video call platforms is excellent, but don't feel pressured to agree to every planned call / accept every invite*  
*my lifeline is my animals .. i find walking my dog and getting smiles from passersby helps to stop the void with social disconnection*  
*connecting with friends over games online*  
*check in with others. check in with yourself*



## BE ACTIVE

*meditation, swimming, walking, podcasts, movies, art, colouring, poetry*  
*moderate exercise (walking, gardening)*  
*creativity (cooking, writing, making, designing, gardening)*  
*grounding myself in nature is my biggest go to - bush time or just being outside in fresh air*  
*walking is good for my mind*  
*i remind myself to get some sunshine*



## TAKE NOTICE

*taking one day at a time, hour by hour. being careful not to make big decisions when in a state of distress*  
*at the end of the day noting things i am thankful for*  
*relaxation/meditation music is very calming and can help settle anxiety. i also find it helps me to focus and concentrate*  
*gratitude, enjoying stillness and quiet, reflection and meditation*  
*day by day. breath by breath*  
*being aware and protecting personal boundaries unapologetically*



## KEEP LEARNING

*break up your day in small blocks of time. i like to do blocks of 30 minutes but you could do 15 (sometimes i do when i am struggling) .. don't be too hard on yourself about 'what' you get done in that time but instead appreciate your ability to work on that activity for the time you put aside for it*  
*making smaller changes*  
*adapting to rapid changes and reminding myself to radically accept rather than resist this new reality*



## GIVE

*nurturing self so there is energy and to nurture other*  
*kindness to ourselves and others*  
*support the poor and brave*  
*talk to others. be open and compassionate*

