

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

