



**Dorset
Community
Action**



LiveWellDorset
Helping you to live healthier

FIVE WAYS TO WELLBEING

Simple Steps to Improve Your Mental Wellbeing

Connect

**Take
Notice**

**Be
Active**

**Keep
Learning**

Give

Thinking about some of the reasons why we have unhealthy habits & replacing them with Healthier Ones.

LiveWell Dorset looks forward to supporting you to make these lifestyle changes

What is Wellbeing?

Wellbeing describes how we feel about ourselves and our part in the world around us. Wellbeing is affected by an individual's circumstances, the activities they are involved with and their inner strength and resources. High levels of wellbeing mean that we are more able to:

- Engage constructively with people and the world around us
- Experience positive relationships
- Have a sense of purpose
- Respond to difficulties

About This Guide

This guide describes the Five Ways to Wellbeing, how each of the five ways can improve wellbeing, and provides some suggested activities that you can do to include them into your daily lives as replacement activities. You are welcome to contact a LiveWell Dorset coach to discuss aspects within this guide

We have linked this guide to various searchable terms, which can be used with any Directory of Local Services.

What are The Five Ways to Wellbeing?

1. **CONNECT** - with others
2. **TAKE NOTICE** - slow down, see around you
3. **BE ACTIVE** - get up, get moving
4. **KEEP LEARNING** - stretch your mind
5. **GIVE** - share with others

Connect

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.

Why is Connecting important to Wellbeing?

Our relationships with those around us affect our wellbeing. Research has found that wellbeing is increased by life goals associated with family, friends and social life. Connecting with others can increase our sense of belonging and life satisfaction

What can you do?

- Take the time to talk to someone instead of sending an email or text message.
- Set aside some quality time with your family
- Go out for lunch with colleagues or friends
- Say hello to a neighbour
- Join a group or club



Call LiveWell Dorset (0800 8401628) or search for:

Befrienders, Community Cafes, Community Transport, Community Support Groups, Lunch Clubs, Social Clubs, Nature & Wildlife, Volunteering

Take Notice

Be Curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch, 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.

Why is Taking Notice important to Wellbeing?

Research has shown that being aware of sensations, thoughts and feelings can improve both the knowledge we have about ourselves and our wellbeing as it gives us a chance to appreciate and evaluate our circumstances.

What can you do?

- Meditation or yoga can help create a positive state of mind
- Enjoy Dorset's open spaces
- Visit a local tourist attraction
- Take notice of your health



Call LiveWell Dorset (0800 8401628) or search for;

**Mind, Body & Spirit, Dorset-Things to See & Do,
Nature & Wildlife Groups, Volunteering,
Conservation**

Be Active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Sing and Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness. Get up and move!

Why is Being Active important to Wellbeing?

Being physically and mentally active can increase mood and lower anxiety through feelings of stimulation, connection and achievement. Being active is crucial for all age groups : developing the cognitive skills of children and protecting against mental decline in older adults.

What can you do?

- Go for a walk at lunch time
- Walk to appointments
- Do some simple exercises at home
- Play or dance with your children
- Find a sport that you enjoy
- Take up an interest or hobby



Call LiveWell Dorset (0800 8401628) or search for:

Conservation, Fitness & Exercise Classes, Gardening, Martial Arts, Nature & Wildlife Groups, Singing & Dance Classes, Sports, Walking Groups

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 to do.

Why is Learning important to Wellbeing?

Learning encourages social interaction and increases self-esteem and feelings of competency. The setting of personal goals to achieve something new has been shown to increase life satisfaction.

What can you do?

- Read a book, newspaper or magazine
- Sign up to a class/course
- Learn a new language
- Join your local library
- Try a new recipe



Call LiveWell Dorset (0800 8401628) or search for:

Art & Craft Groups, Community Choirs, Singing & Dance Classes, Hobbies, University of the Third Age, Social Clubs, Writing, Film & Performance

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 will create connections with the people around you.

Why is Giving important to Wellbeing?

Individuals actively engaged in their communities report higher wellbeing. Studies have shown that doing something good for someone else increases brain activity that is associated with pleasure and reward, making us feel good about ourselves

What can you do?

- Become a Befriender, Community Transport Driver
- Volunteer in your local community
- Help out a friend or neighbour
- Donate to charity
- Cook and share a meal with a friend



Call LiveWell Dorset (0800 8401628) or search for:

Community Support Groups, University of the Third Age, Conservation, Befrienders, Community Transport, Volunteering

My 5 Ways to Wellbeing Action Plan;

5 Ways to Wellbeing	What are you going to do?	How are you going to do it?	What have you achieved?
Connect			
Take Notice			
Be Active			
Keep Learning			
Give			

“You are what you repeatedly do. Excellence, then, is not an act, but a habit.” Aristotle