

5 WAYS TO WELLBEING

This is a needs-led toolkit which can be used by individual, organisations and community groups to increase wellbeing.





WELCOME

This is a needs-led toolkit and worksheets to be used by individuals and organisations. You can use these to plan various health and wellbeing projects. As well as, use it for yourself and your family.

If you are an individual please refer to Chapters 1, 2, 3, 4 and 7.

If you are an organisation/ community group please refer to Chapters 1, 2, 3, 5, 6 and 7.

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INTRODUCTION

The Milton Keynes Self Care Group was formed in 2017 and was made up of local health, social care and voluntary sector organisations.

The Self Care Group worked closely with a range of partners to provide leadership across Milton Keynes, supporting patients, their families and the general public to improve their knowledge, skills and confidence when making health and social care related decisions.

We considered self-care in its broadest sense. This means physical, mental and emotional health & wellbeing, which also includes family and community resilience.

This tool-kit is the final piece of work that the group produced, we hope it is useful for a range of audiences.

The goal of this framework is to provide you with a tool-kit which you can:

- 1) Use to design projects for your organisations and staff members to look after their wellbeing.
- 2) Use to design community projects to support the community with their wellbeing.
- 3) Use to guide individuals, couples and families to support them and their overall wellbeing.



C H A P T E R 2

WHAT IS THE 5 WAYS TO WELLBEING
ABOUT & WHY IS IT IMPORTANT?

What is the 5 Ways to Wellbeing About?

The Five Ways to Wellbeing is a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population. They were developed by NEF (The New Economics Foundation).

What is wellbeing?

Good mental wellbeing means feeling good and functioning well. It doesn't mean that you never experience feelings or situations that you find difficult, but you'll have the resilience to cope when times are tough. Good mental health and resilience are fundamental to our physical health, our relationships, our education, our work and to achieving our potential.

Our mental health can change over time. This can be because of life events which cause distress or unhappiness, or it can happen with no apparent cause.

What are the 5 Ways to Wellbeing?

Evidence suggests there are five steps we can all take to improve our mental wellbeing. The five steps include;

- Being Active
- Learning
- Giving
- Connecting
- Taking Notice

All five of these actions are free, easily achievable and can be done by anyone. You might already be doing some of the '5 ways' without even being aware of it!

You could also start implementing some of the five ways of wellbeing in your organisational or community projects. Our aim is to guide you on how to do this.





BE ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

But it doesn't need to be particularly intense for you to feel good – slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into work – perhaps with a colleague – so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a work sporting activity
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you leave for work in the morning
- Walk to someone's desk instead of calling or emailing.



KEEP LEARNING

Continued learning through life enhances self-esteem, encourages social interaction and a more active life.

Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Find out something about your colleagues
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.



GIVE

Participation in social and community life has attracted a lot of attention in the field of wellbeing research.

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Take some time to give and share the kindness around you. Here are a few ideas:

- Volunteer in your community
- Be emotionally available
- Perform acts of kindness
- Compliment someone
- Make someone laugh
- Fund a cause based on your passions
- Spend time with people in need



CONNECT

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.



TAKE NOTICE

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your house
- Meditate
- Mindful walking
- Nature observation
- Have a 'clear the clutter' day
- Take notice of how your colleagues/ family are feeling or acting
- Take a different route on your journey to work or the shops
- Visit a new place for lunch

How Can You Apply The 5 Ways To Wellbeing In Your Community Groups & Support Your Organisations?

It is important to understand how the 5 Ways to Wellbeing can be applied to projects and individuals.

The importance of the 5 Ways to Wellbeing can be highlighted by its flexibility to plan and deliver on small and large-scale projects which can lead to an overall increase in wellbeing.

It provides a basis to plan and organise workplaces, community groups and individual wellbeing.





C H A P T E R 3

OBSERVING SEASONAL/ ANNUAL
PATTERNS THAT CAN INFLUENCE THE
FIVE WAYS TO WELLBEING

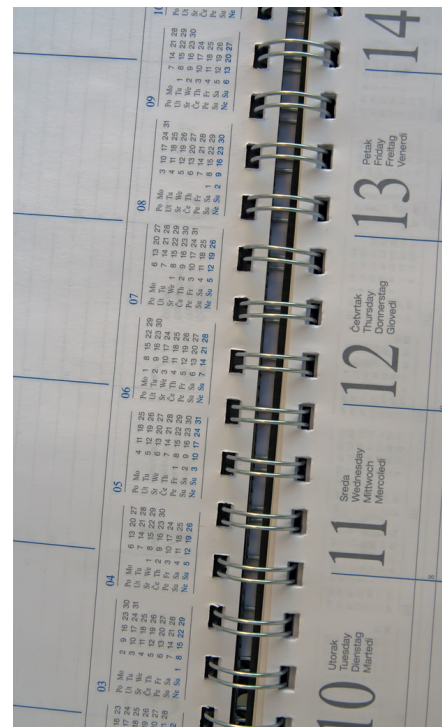
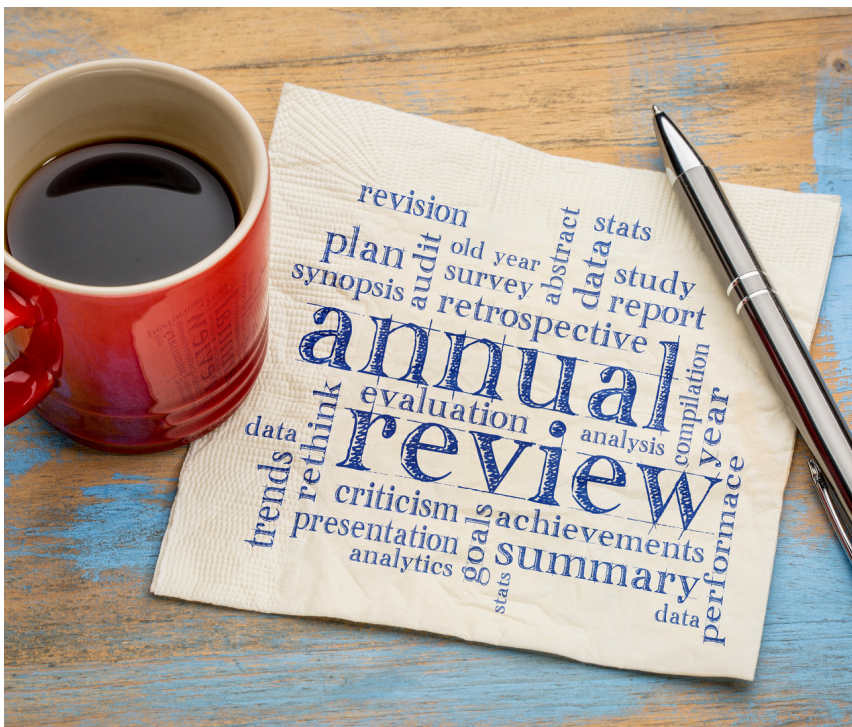
Observing Seasonal/ Annual Patterns that can Influence the Five Ways to Wellbeing

It may not always be easy to stay consistent with the five ways to wellbeing. There may be annual occasions such as exams for students, when stress levels increase and everything can be forgotten. However, during such occasions it is the most important time to introduce and increase the participation in the five activities listed. Participation in these activities will reduce stress long-term and look after our wellbeing.

It is important to observe seasonal and annual patterns whether you are an individual, community group or an organisation.

By noticing our patterns, we can implement projects, workshops and awareness weeks to increase the wellbeing of individuals, groups, communities and organisations. We can support our loved ones, community members and colleagues.

The awareness of these patterns should enable us to identifying seasonal or annual projects / times of the year to support ourselves, as well as, groups of people and communities to ensure that their wellbeing is a priority and continues to flourish.

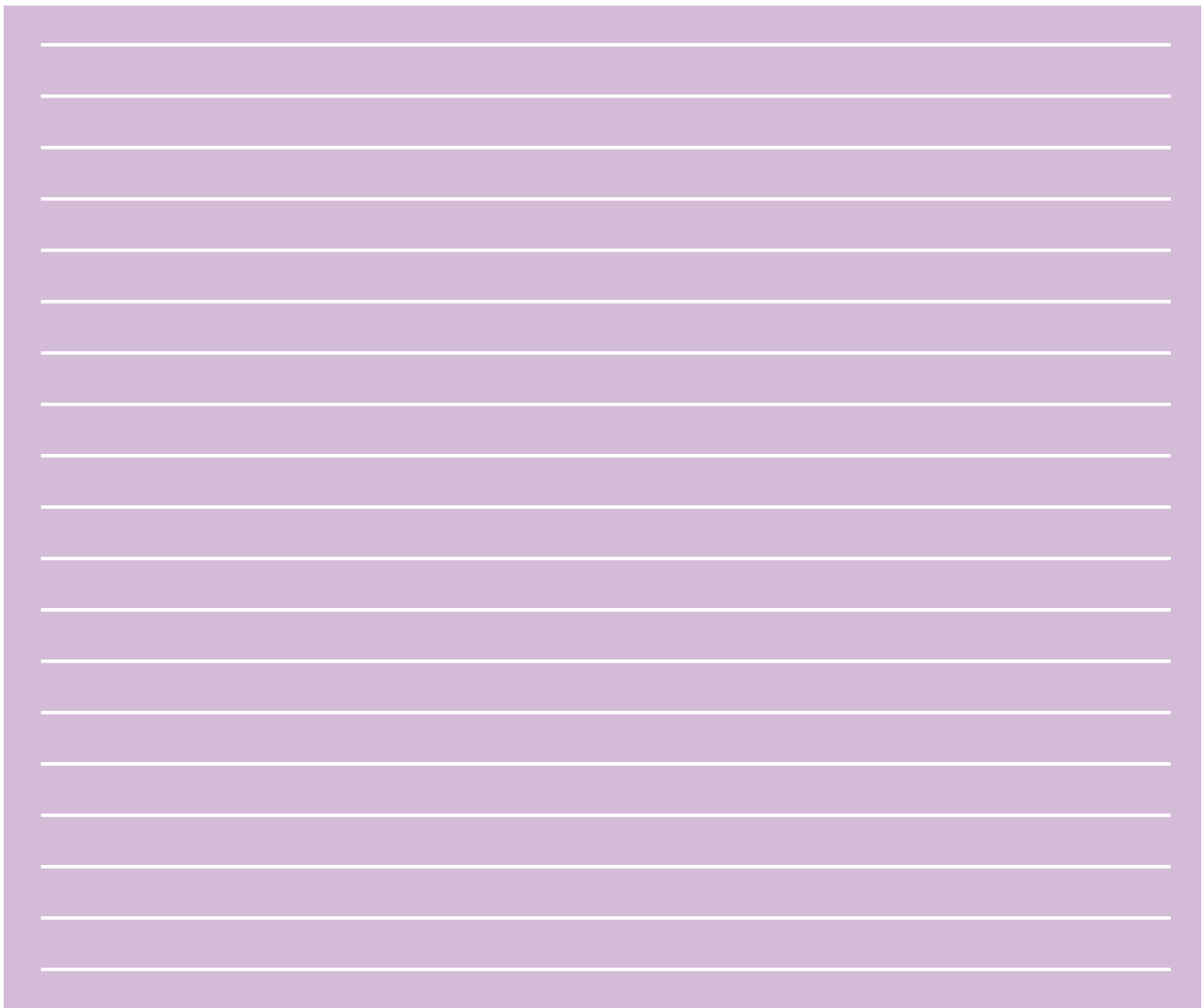


*if you're an individual or a family, please refer to the below questions from that point of view.

1) Can you think of a group of people that you work with or support whose physical or mental health may be affected at a certain time of year?

e.g., students during exam season.

2) What could you do to support them (yourself) during this period? What projects, activities can you think of? What partnerships could you form to increase their coping skills? How could you increase your own coping skills? Which of the five ways to wellbeing would be most useful during this period?

A large purple rectangular area containing horizontal white lines for writing. The lines are evenly spaced and extend across the width of the purple area, providing a space for the user to answer the questions.

Below are some ideas of groups of people/ seasonal/annual patterns and occasions when five ways to wellbeing could come to practice and support others:

- Do you or your organisation, group or service experience more pressure at certain times of year; do you have anything big on the cards this year?

For example:

- Mother's Day for those who lost or do not have mothers.
- Fathers Day for those who lost or do not have fathers.
- Exercising during winter
- Short days and cold weather.
- Bereavement anniversaries

It may not be a recurring pressure you need to plan for.





C H A P T E R 4

TOOLKIT FOR MAPPING USES OF THE FIVE WAYS TO WELLBEING FOR INDIVIDUALS & FAMILIES

*Please use the activities that are most relevant to you right now

All five of these actions are free, easily achievable and can be done by anyone.
You might already be doing some of the '5 ways' without even being aware of it!

What do you currently do for your wellbeing?

Take the time out to list your current or future activities that you participate or would like to participate in, to increase your wellbeing:

BEING ACTIVE:

LEARNING:

GIVING:

CONNECTING:

TAKING NOTICE:

NOTES:

Weekly Schedule

Let's implement your ideas in the week!
From the above ideas you listed, use the ideas to schedule them in throughout the week.

DATES:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY & SUNDAY

You can re-visit the weekly schedule after you reflect & adjust.

Reflecting & Adjusting

After week 1 of activities, use this space to reflect on your activities & wellbeing

Some questions you could explore:

- What did I enjoy the most about this week, activities and the plan?
- What did I dislike about this week, activities and the plan?
- What can I do to make next week's activities and plan better?
- Which two areas out of the five would I like to focus on more?
- How can I focus more on these two areas (list ideas with activities).

REFLECTION

Observing seasonal/ annual patterns that can influence the five ways to wellbeing in your life:

If you observe your life, mood, activity levels and wellbeing annually, when do the five ways to wellbeing become affected throughout the year? Why? What can you do to ensure that the area is supported this year?

Some questions you could explore:

- When are your activity levels affected? Can it be winter? When you are going through a flare up? How can you plan ahead time to support yourself?
- During which occasions throughout the year will the five ways to wellbeing be affected? Why? What can we do?

REFLECTION

Example:

Being Active:

e.g. During winter I find it hard to leave the house when it is cold and dark.

Why: due to early nights and cold weather. My pain also increases in winter.

What can be done: I will find a class throughout winter to attend at least once a week?

Daily Schedule

Now that you have observed your annual/ seasonal patterns, you can take this one step further and plan the next 11 weeks ahead!

Focus on completing one activity a week for the next 11 weeks and track your progress!

[illegible]



C H A P T E R 5

TOOLKIT FOR MAPPING USES OF THE FIVE
WAYS TO WELLBEING FOR
GROUPS/COMMUNITIES/ORGANISATIONS

Step 1- Define your principal purpose:

Individual's overall wellbeing may be affected by the group they are a part of. Have you had a think about how you may apply the five ways to wellbeing in your community or organisation?

1) Will you be promoting wellbeing directly?

This could include step competitions with your group or a goal orientated activity.

2) Will you be promoting wellbeing indirectly?

This could include placing healthy snacks around and promoting break times.

Which one will be your principal purpose, how and why? Use the space below to elaborate:

DEFINE YOUR PURPOSE

See example below:

Example of Mapping Uses:

Figure 3: Some applications of the *Five Ways to Wellbeing* mapped to the analytical framework

Principal Purpose	Point of Intervention			
	Individuals	Groups/Communities	Organisations	Policies/Strategies
Promoting wellbeing <i>directly</i> Distinct and defined initiatives that focus on promoting wellbeing as the main objective	e.g. <ul style="list-style-type: none"> Awareness raising campaigns Events and festivals Literacy tools Use of Five Ways in gallery and museum exhibits Self-help website Healthy lifestyles advice to reduce health inequalities 	e.g. <ul style="list-style-type: none"> Use of the Five Ways to guide the activities of time bank members Work with youth groups to provide opportunities for Five Ways behaviour 	e.g. <ul style="list-style-type: none"> Use of the Five Ways to instigate a shift in thinking and approach to mental health Integration of the Five Ways into staff inductions and training sessions Knowledge transfer to GPs and health trainers 	e.g. <ul style="list-style-type: none"> Informing public mental health strategies Incorporating indicators for Five Ways into community surveys – in order to plan and prioritise investment and activity Use of Five Ways in contractual arrangements
Promoting wellbeing <i>indirectly</i> A consideration for wellbeing is integrated into the design and/or implementation of initiatives that have other objectives	e.g. <ul style="list-style-type: none"> Use of the Five Ways in an inclusion project aiming to integrate individuals into their communities Co-production of public services 	<i>No examples found for this category</i>	e.g. <ul style="list-style-type: none"> Use of the Five Ways as a tool for consultation Influencing interventions and service delivery approaches Improvements in partnership working 	e.g. <ul style="list-style-type: none"> Use of the Five Ways to tackle health inequalities Development of an evaluation tool for arts projects The development of an asset-based approach to joint strategic needs assessments

Step 2- List ideas of activities and projects that you can think of by using the five ways to wellbeing as a basis

e.g. when promoting wellbeing directly you could:

- Integration of the Five Ways into staff inductions and training sessions

e.g. when promoting wellbeing indirectly you could:

- Work with youth services to provide opportunities for Five Ways behaviour

LIST IDEAS

Step 3- Observing seasonal/ annual patterns that can influence the five ways to wellbeing in groups/communities / organisation

If you observe the groups/ communities that you work with and your organisation annually, when do the five ways to wellbeing become effected throughout the year? Why? What can be done to ensure that the area is supported this year?

REFLECTION

Example:

Being Active:

e.g. when it is winter my group/ community may be less active

Why: due to early nights and cold weather.

What can be done: Could we provide a facility for the group/ community throughout winter?

Step 4- Action Plan

Your action plan can enable you to map out strategies and small steps towards achieving long-term goals. It helps you work out the goals you want to achieve, by when, and what you need to do to achieve them. This means you can focus your energy on exactly what you need to do! As a result, we invite you to use all the above information and tools provided to now, create some action!

ACTION PLAN IDEAS

Please use the below space to brainstorm ideas for your groups, communities and organisations to improve the overall wellbeing amongst them.

Once you have enough ideas you can choose one and produce a project overview plan (see below).



C H A P T E R 6

MAPPING USES OF THE FIVE WAYS TO WELLBEING

*Please use the activities that are most relevant to you right now

PROJECT VISION



12-MONTH TIMELINE

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

The infographic consists of five overlapping speech bubbles, each with a different background color and iconography. The top-left bubble is blue and contains icons of a man and a woman with a speech bubble between them, with the word 'CONNECT' below. The top-right bubble is orange and contains the text 'BE ACTIVE' above a yellow and blue bicycle, with clouds in the background. The bottom-left bubble is orange and contains the text 'TAKE NOTICE' above a pair of glasses. The bottom-center bubble is green and contains the text 'GIVE' above two hands holding a red heart. The bottom-right bubble is purple and contains the text 'KEEP LEARNING' above an icon of a person reading a book.

Project Status Report

Project Name:

Project Duration:

Description:

Deliverable	Start Date	Finish Date



C H A P T E R 7

RESOURCES & SIGNPOSTING



RESOURCES & SIGNPOSTING

The last chapter is full of resources and information on signposting. the aim of this chapter is to assist and guide you to all the relevant and useful resources that you can use when planning your projects and working with others to increase their overall wellbeing.



Resources & signposting

☐

New Economics Foundation

<https://neweconomics.org/>

☐

Mental Health Foundation

<https://www.mentalhealth.org.uk/>

☐

What Works For Wellbeing

<https://whatworkswellbeing.org/>

☐

NHS- Every Mind Matters

<https://www.nhs.uk/every-mind-matters/>

☐

Self Care Forum

<https://www.selfcareforum.org/>

☐

Arthur Ellis

<https://www.arthurellismhs.com/>

☐

Mind

<https://www.mind.org.uk/>

☐

Young Minds

<https://www.youngminds.org.uk/>



THANK YOU

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