

The 5 ways to well-being
Notes and video link

Video link is: <http://www.businessinsider.com/simplest-science-backed-way-get-stay-happy-2015-8#oid=lpZWFvdjpyu7ynyoe9SKfHktJdYRpKY>



In the UK we have developed the five ways to wellbeing.

These are very similar to the recommendations outlined in a short video by 'Business insider' which presents the science of happiness, as evidenced by a number of research studies:

<http://www.businessinsider.com/simplest-science-backed-way-get-stay-happy-2015-8#oid=lpZWFvdjpyu7ynyoe9SKfHktJdYRpKY>
Show the video

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1.Connect.....

with family, friends. At home, 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.

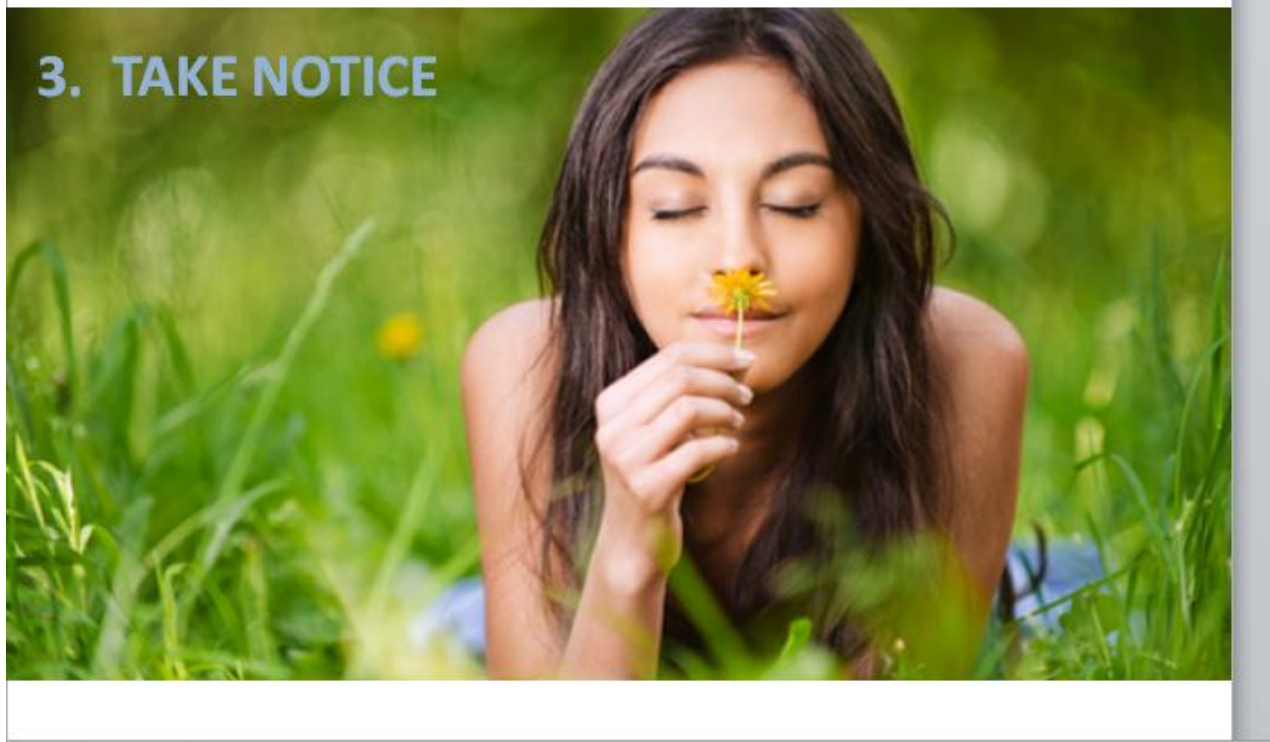
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Be active...

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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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.

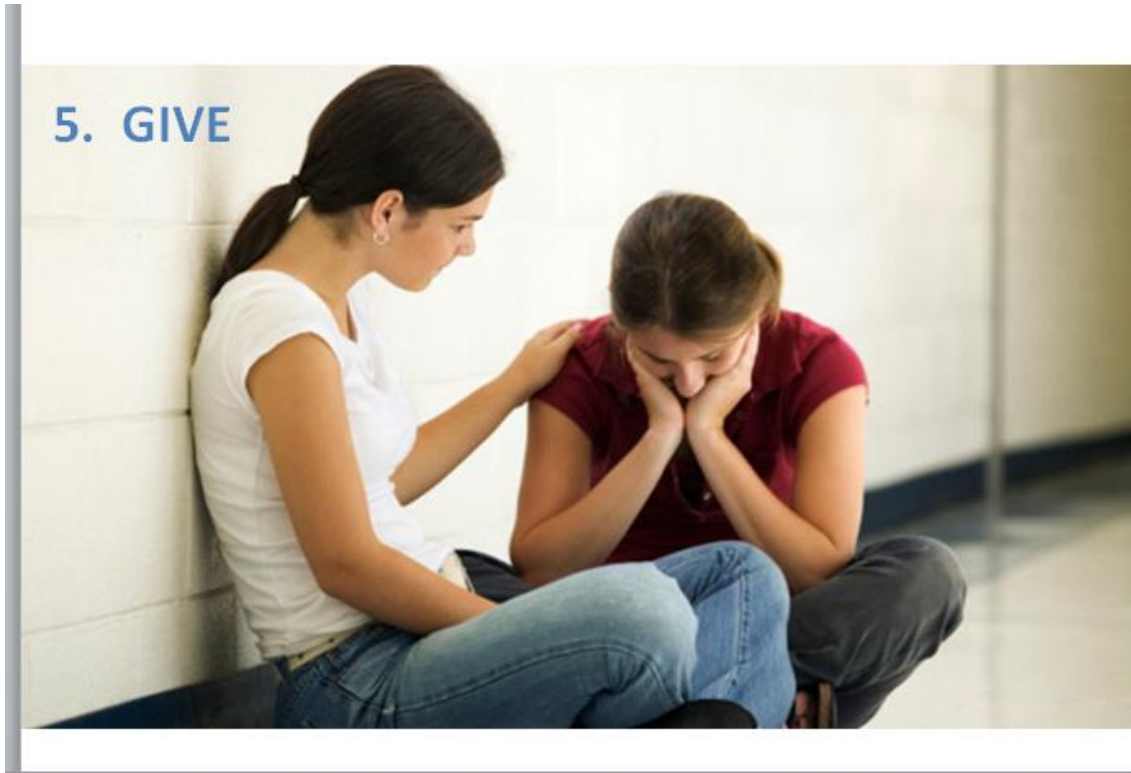
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Keep learning...

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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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.

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In summary

- Use these tips to develop your own list of top tips for wellbeing
- You might feel that you would like to add something not included in these lists e.g. eating a good, balanced diet
- Now in small groups plan an activity which includes a number of these tips.

Ideally it should be local and involve minimal expenditure

e.g. Catherine has just started riding her bike again. She's really enjoying it and decides to invite some friends to join her for a bike ride and picnic in Bath. She chooses a well marked route along the two tunnels and then down through Monkton Combe and back along the canal to Bath. She arranges to meet them all and plans to take along a picnic to share with them all when they reach the half way point at Dundas Aqueduct. She's hoping for good weather and a beautiful Autumn day.

- How does this activity bring in all 5 ways to wellbeing.
- Make your own plan and share ideas with the class