

The Five Ways to Wellbeing

The Five Ways to Wellbeing, developed by the New Economics Foundation (NEF), are a set of evidence-based actions which promote people's wellbeing. They are: **Connect, Be Active, Take Notice, Keep Learning** and **Give**. These activities are simple things individuals can do in their everyday lives.

We want to use The Five Ways to Wellbeing to assess need, measure impact and to help people take action to improve their wellbeing.

www.neweconomics.org/projects/entry/five-ways-to-well-being

When thinking about your project you can include:

Connect	How your project encourages connections between people and brings together families, friends, colleagues and neighbours to contribute to the local community.
Be active	How your project encourages individuals or groups to discover a physical activity that can be enjoyed and can be tailored to levels of mobility and fitness
Take notice	How your project encourages communities or individuals to become more aware of the world around them and to reflect on their experiences to appreciate what matters to them.
Keep learning	How your project encourages individuals to try something new or rediscover an old interest or hobby and improve confidence levels, take a new approach to something, share ideas with others
Give	How your project will encourage individuals to volunteer their time, join a community group, share their skills and experiences and support others. This can include sharing resources and materials, skills and equipment.

You can find out more about the 5 Ways to Wellbeing on these Websites:

mywellbeinghub – Five Ways to Wellbeing and Wellness

www.mywellbeinghub.co.uk/index.php/topics/5-ways-to-wellbeing

Mind - Five Ways to Wellbeing information

www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/

NHS choices - Five steps to mental wellbeing

www.nhs.uk/conditions/stress-anxiety-depression/pages/improve-mental-wellbeing.aspx

GOV.UK - Five steps to mental wellbeing

www.gov.uk/government/publications/five-ways-to-mental-wellbeing

Depression Alliance - Five Ways to Wellbeing information

www.depressionalliance.org/information/five-ways-wellbeing