

5 ways to wellbeing

during the Coronavirus pandemic

It's really important that during these challenging times that we look after our own wellbeing, and the wellbeing of those around us. There is good evidence that a range of simple actions are strongly linked to people feeling happier and more satisfied with their lives. The '5 ways to wellbeing' are about taking action and making conscious and deliberate choices to look after our wellbeing.

CONNECT



Restrictions on how we might usually socialise and see family and friends can make connecting more difficult, but it is still possible. Make use of technology - catch up with loved ones via video call or social media - have a virtual coffee with a friend, or perhaps a family quiz night!

BE ACTIVE



Go for a walk or run. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy that suits your level of mobility and fitness. Take a look at Sport England's [Join the movement](#) campaign for tips, advice and guidance on how to get active.

TAKE NOTICE



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment. Be aware of the world around you and what you are feeling - do you need [support](#)? Reflecting on your experiences will help you appreciate what matters to you.

LEARN



Try something new or rediscover an old interest. Take time out to get creative. Check online for [free courses](#) to learn a new skill. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE



Do something nice for a friend, or a stranger. Thank someone. Smile (with your eyes if wearing a mask!) Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be really rewarding and creates connections with those around you.