

Five Ways to Wellbeing

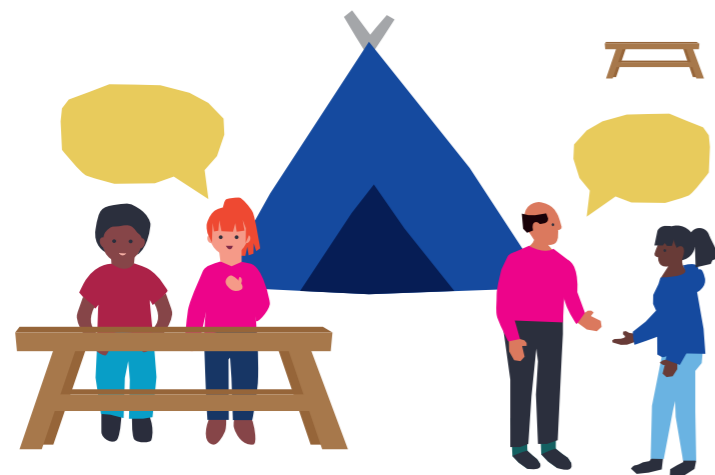
The Five Ways to Wellbeing are five evidence-based actions designed to improve personal wellbeing, researched and developed by the New Economics Foundation.

Co-op are working with Mind, SAMH (Scottish Association for Mental Health) and Inspire to bring communities together to improve mental wellbeing.

Join us in fundraising this summer to enable our partners to launch more services across the UK which will help people improve their mental wellbeing.

To help you find support for yourself and others to look after your mental wellbeing, scan here:

Be Kind To Your Mind
Our Be Kind To Your Mind Guide includes activities from Co-op and partners as well as general tips and how to seek support from our charity partners, Mind, SAMH and Inspire.



Connect

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.

- Speak to someone instead of sending an email
- Ask someone how they are and really listen to their response



Be active

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

Time to get physical! Here are a couple of ideas:

- Go for a walk at lunchtime
- Do some 'easy exercise', like stretching, before you start your day



Give

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.

- Why not support our charity partnership with a donation at the till today?
- Or visit our Be Kind To Your Mind guide for more suggestions.



Take notice

Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing.

Take some time to enjoy the moment and the environment around you:

- Get a plant for your home or workspace and watch how it grows
- Have a 'clear the clutter' day



Learn

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

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

- Sign up for a class or set up a book club
- Research something you've always wondered about



Working in partnership with:

