

“5 Weeks to Feel Good” Five Week Activity Guide

Designed for you to share with your teams

A five week guide that focuses on how you can introduce the 5 Ways to Feel Good across your organisation with:

- A short explanation
 - Individual prompts
 - Team activity ideas
 - Reflection or discussion starters
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WEEK 1: CONNECT – Build Meaningful Relationships

When we connect with others, we feel supported, valued, and part of something bigger. Relationships are key to wellbeing – at work and in life.

Try this:

- Take 5 minutes to catch up with a colleague.
- Sit with someone new at lunch or in a meeting.
- Join a team challenge, chat group, or social activity.

Team idea:

- ➔ Host a “Tea and Talk” break – phones down, mugs up, and just chat.
- ➔ Start meetings with a quick check-in question (e.g. “What’s one good thing from your week?”).

Reflect:

Who helps you feel connected at work? How can you help someone else feel included this week?

WEEK 2: BE ACTIVE – Move in Ways That Feel Good

You don’t need to be a fitness fan to be active. Just moving a little more can boost your mood, focus, and energy.

Try this:

- Take the stairs or walk to your next meeting.
- Stretch or stand up between tasks.
- Go for a lunchtime walk or join a fitness class.

Team idea:

- Start a “Step Challenge” or “Walk and Talk” meeting.
- Organise a team activity like yoga, deskercise, or a group walk.

Reflect:

What kind of movement helps you feel your best? How could you make time for it each day?

 WEEK 3: TAKE NOTICE – Be Present and Mindful

Life moves fast — but slowing down helps us recharge. Taking notice means paying attention to what’s around you and appreciating the small things.

Try this:

- Step outside and take a few deep breaths.
- Notice something new on your walk or commute.
- Focus fully on one task without multitasking.

Team idea:

- Create a “Mindful Moment” board – where staff can share photos or quotes that make them smile.
- Start or end a meeting with one minute of quiet focus or breathing.

Reflect:

What’s one thing you noticed today that made you smile or pause?

 WEEK 4: KEEP LEARNING – Try Something New

Learning keeps our minds active, boosts confidence, and opens up new possibilities. It doesn’t have to be work-related – curiosity counts!

Try this:

- Read an article or listen to a podcast on something new. Or share a TED talk on something that will help in the workplace in a team meeting or suitable forum.
- Ask a teammate to show you how they do something differently.
- Try a new hobby or creative activity. Maybe ask a team member to bring a hobby to work and share with others.

Team idea:

- ➔ Host a “Lunch and Learn” session – anyone can share a skill or passion.
- ➔ Create a “Skill Swap” board for staff to share knowledge.

Reflect:

What’s something new you’ve learned lately – and how did it make you feel?

❤️ WEEK 5: GIVE – Do Something Kind for Others

Giving your time, kindness, or attention makes a real difference – to others and to you. Helping people feel good!

Try this:

- Say thank you or offer a compliment.
- Help a colleague who’s busy or struggling.
- Volunteer for a local cause or charity.
- Allow staff time off for volunteering hours

Team idea:

- ➔ Organise a collection for a local foodbank or cause.
- ➔ Create a “Kindness Wall” where colleagues can post notes of appreciation.

Reflect:

How did it feel to do something kind – or to receive kindness from someone else?

🌈 Wrap-Up: Keep the 5 Ways Going!

The *5 Ways to Feel Good* aren’t just for five weeks — they’re tools you can use every day.

Keep finding small moments to **Connect, Be Active, Take Notice, Keep Learning, and Give.**

Learn more and find free resources here:

👉 www.healthystockport.co.uk/topic/5-ways-to-feel-good