

5 ways to

feel good

for
small businesses

TOOLKIT



Connect



Be active



Keep Learning



Give to others



Take Notice



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

5 ways to feel good

Welcome

Workplace wellbeing is the right thing to do for any organisation. It also makes complete business sense. The 5 Ways to Feel Good are simple but effective actions for anyone to boost their mood. This toolkit allows you to share the 5 Ways easily with your team, and invite everyone to use them in their daily lives at work and at home.



5 ways to feel good

These 5 activities have been scientifically proven to boost your mood: it's worth considering how they fit into your every day, even in the smallest of ways.

- 1 Connecting with other people**
Old friends, new friends, or just smiling at someone as you walk past: connecting with others can make you feel part of something bigger.
- 2 Getting active**
Moving more is great for your brain too. From jogging to dad dancing, finding something you enjoy makes it easier to keep up.
- 3 Learning something new**
Giving something a go gives us confidence and a sense of purpose, and you don't even have to be good at something to get the benefit.
- 4 Giving**
Acts of kindness have 'feel good magic': it doesn't have to cost money, your time, your words, and your presence all count.
- 5 Taking notice**
Remembering the simple things we appreciate every day can help us to stop worrying about the past or the future.

What one thing could you do more of?
For more info and inspo, visit healthystockport.co.uk/feelgood

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NHS Greater Manchester Integrated Care

Click to download a poster to display in your staff room or office

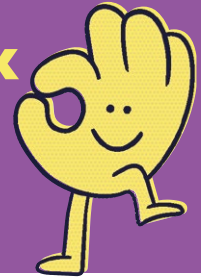


Click to download brief
What's App messages you can copy and share with your team

5 Ways to Feel Good Toolbox/team talk

Suggested duration: 10 to 15 mins

Purpose: To promote simple, practical steps for improving mental health and wellbeing at work and outside work.



Suggested Script for Team Talk

Wellbeing is essential for a healthy, productive workplace. The “5 Ways to Feel Good” are evidence-based actions that help people feel good and function well. They’re simple, low-cost, and can be integrated into daily routines -even in a small business setting, and at home.

5 Ways to Feel Good...



Connecting with others

Why it matters:

Strong relationships improve mental wellbeing and resilience, as well as team cohesion.

Examples of how to action:

- Take time for a quick chat before starting work.
- Organise a short weekly team catch-up (even over coffee).
- Show appreciation - say “thank you” often.



Getting Active

Why it matters:

Physical activity boosts mood and reduces stress, and the risk of chronic illnesses such as heart disease.

Examples of how to action:

- Encourage walking or standing meetings or short breaks to stretch.
- Share ideas for local walking routes.
- Take the stairs or walk/cycle to work if you can.



Learning something new

Why it matters:

Learning new things builds confidence and keeps the mind active. At work it develops our skills and keeps us interested and engaged.

Examples of how to action:

- Share tips or skills during team meetings.
- Try a free online course or webinar.
- Rotate tasks so everyone learns something new or takes on a new responsibility.



Giving

Why it matters:

Helping others creates a sense of purpose and connection.

Examples of how to action:

- Offer to help a colleague when they're busy.
- Share positive feedback regularly.
- Support a local charity or community project as a team.



Taking notice

Why it matters:

Being mindful and paying attention to the present moment helps reduce mental fatigue and improves focus.

Examples of how to action:

- Pause for a minute before starting tasks - notice your surroundings.
- Keep a plant or photo in the workspace for a calming effect.
- Celebrate small wins - acknowledge progress.

Discussion points

- Which of the 5 Ways to Feel Good do we already do well?
- Which could we start doing today or do more of?
- How can we make these part of our routine without adding stress?

Key takeaways

- Wellbeing isn't just personal - it affects team morale and business success.
- Small, consistent actions make a big difference.
- Let's commit to at least **one new wellbeing action this week**.

Resources to help

Our **free resources** include a more detailed 5 Ways to Feel Good toolkit for business, as well as a range of free print and downloadable campaign resources.

If you want to do more to support your team's mental wellbeing, you can use the **Greater Manchester Mental Health Toolkit for Employers**.

If you have any feedback from your team on the **5 Ways to Feel Good**, please share this by completing our **online survey**.