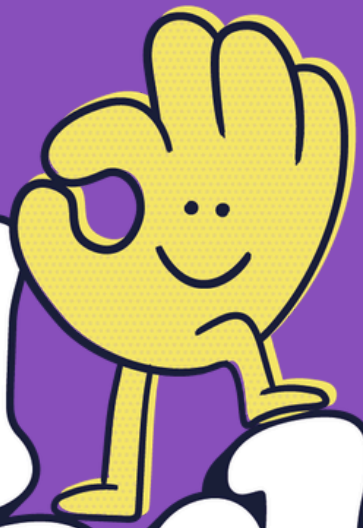
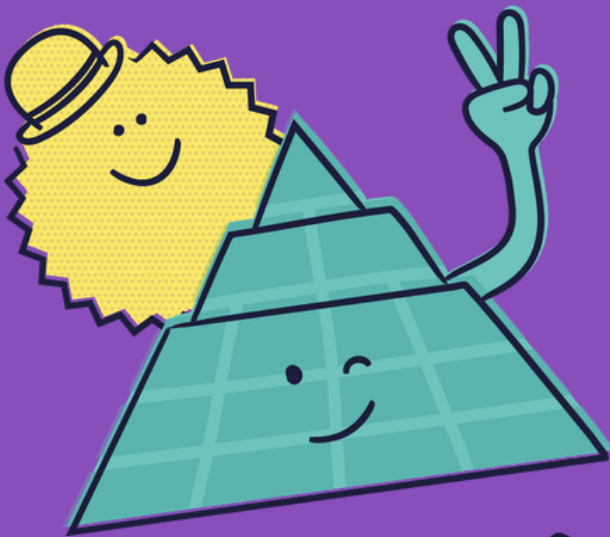


5 ways to

**feel
good**



**My Personal Plan
to Feel Good**



How are things going?

Whatever you're going through – the 5 Ways to Feel Good are simple activities that have been scientifically proven to boost your mood, helping you to feel more positive and get more out of life.

Click on the image below to watch this video on the 5 Ways.



Giving

Learning something new

Connecting with other people

Getting active

Taking notice

This personal plan is full of information and ideas to inspire you and help you make the 5 Ways part of your weekly routine. See the back page of this booklet for more information.





Connecting with other people

There's strength in numbers

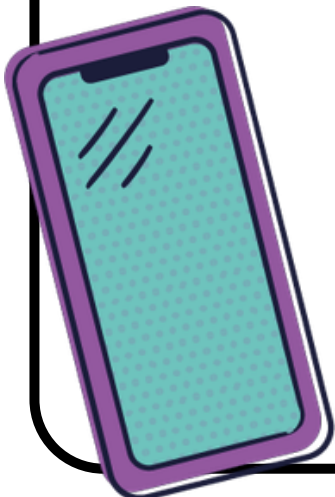
- Get to know your neighbours: smile and say hello next time you see them.
- Sit beside someone you don't know at your next work meeting and introduce yourself.
- Look for local Facebook groups of people who share your interests.

"The guys I met here, I find terrific. There's a lot of banter, back and forth, up and down, and I really enjoy it. I'm really glad that I joined this organisation ... it's one of the best things I've ever done."
Martin, on joining Men in Sheds

Over to you

What do you enjoy? What would you like to try?

Write here...



Getting active

Unless you like yoga, it doesn't have to be yoga!

- Fit more movement into your week: try walking meetings or squat while you brush your teeth!
- Try a free online workout: the Couch to 5k app, or YouTube tutorials.
- Set reminders to stand up and stretch every hour if you sit for long periods.

"I was in quite a bad place and I thought, I need to do something for me... People tell me I look better, I feel better, I view myself different. It's the best thing I ever did."

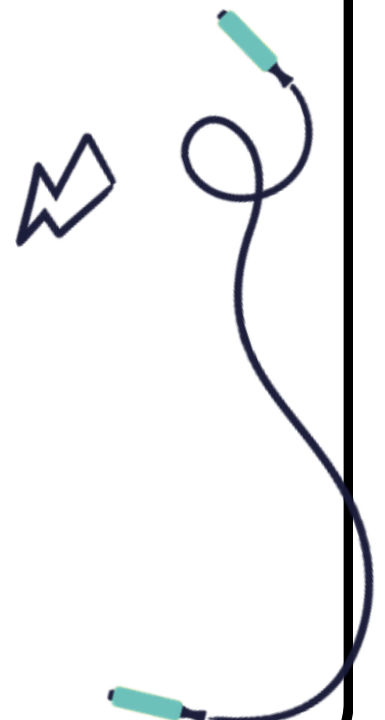
Jamie, on joining BOOST women's boxing class



Over to you

What do you enjoy? What would you like to try?

Write here...





Learning something new

Never too cool for school

- Read more: join your local library on the Stockport Council website.
- Use the internet: download Duolingo and learn a language, find a new recipe or a tutorial on YouTube.
- Have a day out to keep you learning: try one of Stockport's Museums.

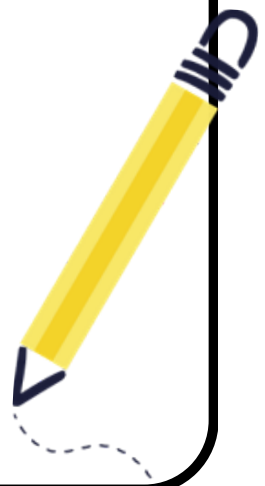
"It's really friendly, welcoming, and it's just a fun thing to do. It's not about being really good at art. It's about having a go and realising at the end of the process, that it's turned out better than you thought it would be!"

**Hannah, organiser of
Arc's Art Club**

Over to you

What do you enjoy? What would you like to try?

Write here...





Giving

Caring really does count

- Drop someone a line, just to say thank you or that you appreciate them.
- Try microvolunteering like sharing a Charity's social post or signing a petition.
- Try to reduce your carbon footprint: offer to car share or reduce food waste.

You get a lot out of it... even if I'm there as a volunteer, I'm also taking a little bit of time for myself and just talking to people. And a lot of the time day to day, you don't really get the chance to do that because you're too busy"

**Helen, volunteer at
Friendly Fridays**

Over to you

What do you enjoy? What would you like to try?



Write here...





Taking notice

Stop and smell the roses

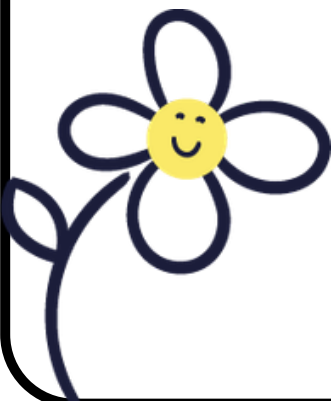
- Try the 5,4,3,2,1 technique: name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.
- Spend some time with nature and animals.
- Keep a record: this could be a photograph album on your phone or write down one thing you're thankful for every day.

"I really enjoy crocheting, it's my end of the day wind down. I can sit for a few minutes, and just go into the rhythm of a pattern with my wool and my hook. It's a kind of mindfulness and it's something that your hands are doing that you have to concentrate on."
**Sara, on setting up
crochet sessions**

Over to you

What do you enjoy? What would you like to try?

Write here...



Help getting online

This plan suggests a few different websites you could try. If you need help getting online, contact the team at DigiKnow by calling 0772 421 7888 (open Monday to Friday, 9am to 5pm).

Find out what's on in Stockport

There might be something that helps you in the 5 Ways to Feel Good. Visit the Stockport Live Well directory page to find out <https://www.stockport.gov.uk/directories/one-stockport-live-well-directory>.

If you need support accessing community groups, Social Prescribers can help. Speak to your GP practice or call 0161 429 6699 for more information.



If times get tough and you want more help

Open Door provides immediate crisis management and emotional support. You can drop into their office at 83 St Petersgate, SK1 1DN. Visit their website for opening times <https://www.makingspace.co.uk/support-for-carers/open-door>.



Call 111 and select the mental health option. You'll speak to a mental health professional who can help you find the right support. The line is open 24/7

Visit the Healthy Stockport website www.healthystockport.co.uk for more support.

