

The 5 Ways to Wellbeing



For more information and resources visit
www.bathmind.org.uk

Emily's 5 Ways to Wellbeing

Emily shares examples of how she supports her wellbeing:-

- Connect:** I arrange to meet my friends on the weekend. We like to catch up over coffee or while walking in Bath.
- Take Notice:** Whilst walking with my dogs I try to have phone free time so I can be mindful of my surroundings and enjoy the nature around me.
- Be Active:** I like to stay active by lifting weights and swimming - I notice such a difference in my mental health if I'm unable to be active regularly, so I make this a priority.
- Give:** I volunteer for a local non-profit organisation, Community Matters. Volunteering gives me a sense of belonging and purpose.
- Keep Learning:** I love playing Wordle - using my brain to figure out the word of the day is a great way to support my mental wellbeing!

Your 5 Ways to Wellbeing

How do you support your wellbeing? Make a plan here to support your wellbeing. You can of course adapt it if and when things change.

Connect:

Take Notice:

Be Active:

Give:

Keep Learning: