



5 Ways to Wellbeing Activity Sheet

Connect with the people around you: your family, friends. Spend time developing these relationships. Relationships build a sense of belonging and self-worth.



There are lots of ways to build stronger and closer relationships:

- If possible, take time each day to be with your family. This could include a fixed "family time" each day.
- Arrange a day out with friends you haven't seen for a while.
- Visit a friend or family member who needs support or company

What I already do...

What I could do more of...



Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood. Some scientists think that being active can improve wellbeing because it brings about a sense of greater self-esteem, self-control and the ability to rise to a challenge.

You don't have to go to the gym. Step outside. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

What I already do...

What I could do more of...



Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

What I already do...	What I could do more of...



Learning new skills can give you a sense of achievement and a new confidence. So why not start learning to play a musical instrument, or figure out how to fix your bike?

What I already do...	What I could do more of...



Most people would agree that giving to others is a good thing. On top of this, it can also improve your wellbeing.

Small acts of kindness towards other people, or larger ones – such as volunteering in your local community – can give you a sense of purpose. It can make you feel happier and more satisfied with life. Give your time, your words, your presence.

Today, you could:

- Say thank you to someone, for something they've done for you.
- Offer to lend a hand if you see a stranger struggling with bags or a pushchair.

What I already do...	What I could do more of...