

Take 5 steps to WELLBEING

In Saint Joseph's Nursery we are promoting the 'Five Ways to Wellbeing' to support children, staff and the wider community with knowledge and understanding of emotional and mental wellbeing. Research shows there are five simple things you can do as part of your daily life to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These simple actions are known as the Five Ways to Wellbeing.

Take 5 steps to wellbeing are - Connect, Be Active, Keep Learning, Give, and Take Notice.

They help people recognise and take care of their mental health and wellbeing. Regularly practising the Five Ways is beneficial for everybody in Saint Joseph's. We believe these self-care skills will help support our learner's wellbeing now and in the future.

Connect: Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

Be Active: Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

Take Notice: Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Keep Learning: Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Give: Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practise every day:



Connect

Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy, one that suits your level of mobility and fitness.



Take notice

Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility: fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The five steps to wellbeing were developed by the New Economics Foundation, which designed in association with Mental Health Partnership.

www.mindingyourhead.info