



# 5 Ways to Wellbeing

## During Coronavirus



The 5 Ways to Wellbeing have never been more important than during these times of uncertainty. When faced by a new challenge or frightening situation, we can often feel that we need to find a new and mysterious solution to the challenges we face. However, it is often focusing on what we already know and keeping things simple that is the biggest help, so let's look at the 5 Ways to Wellbeing and how you can apply them during the Coronavirus outbreak.

### CONNECT

Connect... With the people around you. We may not be able to meet with friends and family, but we have never had access to so many ways to connect with people; by phone, e-mail, Social media or Video calls.

**Action:** Make it an action every day to contact at least one other person and have a chat.

### BE ACTIVE

Be active... The government has acknowledged the importance of exercise and is doing all it can to keep exercising outdoors available to all. And, with the weather taking a positive turn, it is so good to get outdoors and feel the sun on your face. Exercising outdoors isn't for everyone, following online exercises or dance classes works for others.

**Action:** Undertake a form of exercise each day, whether a walk, yoga session, run, walking the dog or simply dance around your bedroom for half an hour.

### TAKE NOTICE

Take notice... As an antidote to the bad news filled media, take time to notice the world around you. This can be as simple as taking a walk and noticing all the sounds you can hear because there are so much fewer cars on the road. You can also take notice of the changes taking place as we travel through spring; the blossom growing on trees, the daffodils coming to an end and being replaced by new flowers. Other ways you can take notice include, meditating, or savouring a favourite meal.

**Action: Really take notice when undertaking a daily activity like a walk, a shower, a meal or an exercise routine – engage all your senses.**

## LEARN

Keep learning... There is a danger, when being forced to spend a lot of time at home and not having access to the activities that you would usually do, to spend all our time watching TV or being bored. Look upon the current situation as an opportunity to start to learn something new. Keep it simple and don't put great pressure on yourself.

**Action: Set aside 30 minutes each day to learn something new either through reading, doing an online course, watching a documentary on TV or YouTube, or taking a free online course.**

## GIVE

Give... Doing something for someone else has never been more important or, to a great extent, easy. With so many people self-isolating there are so many opportunities to help others. This can be as simple as giving someone a call to check they are okay or getting in touch with a neighbour to see if they need anything from the shops. Giving to others does not have to be big gestures, simply showing you care can make a huge difference to someone. Feeling you have helped someone else can be very rewarding and good for your health.

**Action: Find an opportunity each day to do something for someone else – phone a friend or family member who may be on their own, check in with a neighbour to see how they are doing.**

### In Summary

**Connect:** Make it an action every day to contact at least one other person and have a chat.

**Be Active:** Undertake a form of exercise each day, whether a walk, yoga session, run, walking the dog or simply dance around your bedroom for half an hour.

**Take Notice:** Really take notice when undertaking a daily activity like a walk, a shower, a meal or an exercise routine – engage all your senses.

**Learn:** Set aside 30 minutes each day to learn something new either through reading, doing an online course, watching a documentary on TV or YouTube, or taking a free online course.

**Give:** Find an opportunity each day to do something for someone else – phone a friend or family member who may be on their own, check in with a neighbour to see how they are doing.