



# Five Ways to Wellbeing

**Ideas & Reflections**

# WELCOME

When studying at home or at school, it is important to take time to look after your physical and emotional wellbeing. Inside this workbook you will find resources and ideas to help boost your wellbeing as well as space to reflect on your thoughts and feelings.

## 5 Ways to Wellbeing

A **report** based on extensive reviews of research and expert opinion identified 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. This workbook guides you through the 'Five ways to wellbeing'. Each page will give you some ideas of activities to try out. Remember to consider how you felt before, during and after, and put your thoughts in the boxes.



[Click to read the report](#)



# KEEP LEARNING



## An active mind is a healthy mind.

Seeking the opportunity to keep learning is a way to continually develop skills and challenge yourself. Whether you are still a student or established in your career, it is always beneficial to expand your knowledge. Learning is good for our wellbeing because it increases self-confidence in our abilities and it can give us a sense of purpose and help us create and meet goals. And it encourages social interaction by mixing with other people.

Try one of these ways to keep learning and reflect on how you felt below:

### GET ONLINE

Sign up to an online course to learn or improve a skill, topics can range from coding to time management.

### GRAB A BOOK

Choose a book that interests you. You can even ask your friends to read it too so you can discuss it.

### WORD OF THE DAY

Attempt to learn some key words from a new language or learn one new word each day.

### SCOPE IT OUT

Take some time to do some research into something you are interested in or want to know more about.

### GET DOING

Is there an instrument you have always wanted to learn, you could improve your cooking ability or get back into that sport you used to play.

How did I feel before, during and after I learned something?

Is there a skill that I have always wanted to learn or improve?

How can I get my friends and/or family involved in learning with me?

How can I include learning in my day-to-day life?

# GIVE



## The more we give the more we receive.

Giving is an important part of helping our wellbeing. Giving to others makes us feel good about ourselves and when we feel good about ourselves our wellbeing improves. This way to wellbeing is beautifully circular as not only are you helping yourself but you are helping others.

Try one of these ways to practice giving and reflect on how you felt below:

### OFFER PRAISE

Compliment those around you.

### SHARE A SMILE

Try smiling at everyone you come into contact with today.

### BAKE-OFF

Bake a cake for a neighbour, friend or relative.

### VOLUNTEER YOUR TIME

Volunteer your time at a local community group, with younger children or at school.

### PUT IT IN WRITING

We know the art of letter writing might feel 'old school' but write someone a letter or a card to let them know you are thinking of them.

How did I feel before, during and after I tried a giving activity?

Can I think of any other giving activities that I would like to do?

How did it feel receiving thanks or compliments for my giving?

If I enjoyed this experience and would like to get others involved, who would I share this with?



Remember, it is perfectly normal to feel uncomfortable when receiving compliments or thanks, but remember giving is a two way process – be open to receiving as well as giving.

# STAY ACTIVE



## The greatest wealth is health.

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise releases a number of happy chemicals in your brain called endorphins, so the good feeling you get after exercise is backed up by science! It doesn't need to be particularly intense for you to feel good; slower-paced activities, such as walking, or yoga can still have positive effects on your mood.

Try one of these ways to get moving and reflect on how you felt below:

### GO FOR A WALK

This can be around your neighbourhood or local park by yourself, with a pet or with a friend.

### HEART PUMPING

Try a strength, cardio or high intensity workout from an App or YouTube channel.

### GET DANCING

Put on your favourite music and dance around your living room.

### STRETCH OUT

Do a yoga or stretching session.

How do I feel before, during and after being active?

Who can support me to be more active at home? What can we do together?

Are there any minor adjustments I can make in my life that can help me be more active? Remember, small changes can make a big difference.

What other activities could I do to stay active on a regular basis?

# TAKE NOTICE



## The little things, the little moments: they aren't little.

Reminding yourself to 'take notice' can strengthen and broaden awareness. **Studies** have shown that being aware of what is taking place in the present directly enhances your wellbeing, and that savouring the moment can help to reaffirm your life priorities. Mindfulness is the connecting bridge between our mind and the present moment. It is the art of staying aware of what is happening right now, what we are thinking about this very moment, and how we are feeling at present.

Try one of these ways to take notice and reflect on how you felt below:

### THE SKY IS THE LIMIT

Wake up early and watch the sunrise, or if you are not an early riser then why not watch the sunset and enjoy the myriad of colours in the sky.

### PRACTICE MINDFUL EATING

Try to use your five senses when eating by looking, smelling, tasting, touching and listening to your food! You are more likely to savour the bites, eat slower, digest better and enjoy the meal more.

### TRY MEDITATION

Try a simple breathing exercise: find a relaxing spot and settle comfortably, close your eyes and take a nice, deep breath in.

### TO KEEP OR NOT TO KEEP

Take a look around your room and see what you can change – a physical declutter can help declutter your mind.

### I SPY WITH MY LITTLE EYE

Be more aware when you are outside or walking and take notice of the birds chirping, the trees and plants in bloom.

How did I feel before, during and after the time I took notice?

How can I build taking notice into my day-to-day life?

What other activities could I do to take notice?

If I enjoyed this experience and would like to get others involved, who would I share this with?



# STAY CONNECTED



## Feeling connected to others is a basic human need.

Staying connected with each other can help us feel that we are surrounded by a support system. Regular engagement with our friends and family creates a sense of value and closeness. Social relationships are an integral part of our mental wellbeing, and there are multiple ways we can feel connected.

Try one of these ways to connect with others and reflect on how you felt below:

### CATCH UP WITH SOMEONE

Whether you call, message, email or video chat, this can just be a quick hello to check up on how they are doing, talking about feelings or an opportunity to reconnect.

### SPEND TIME WITH PEOPLE YOU LIVE WITH

Play a game, watch a show or find an activity you can enjoy together.

### GET SOCIAL

Create a group with your friends and/or family on social media to stay in touch with one another and share thoughts, updates and pictures.

### LISTEN UP

Try to be more aware of how you listen when someone is talking to you. Try to really hear what the other person is telling you, and not just think about how you're going to respond.

How did I feel before, during and after I connected with someone?

What are some different ways I can connect with others in my day-to-day life?

What was the other person's reaction when I made a connection?

How can I create meaningful connections with my friends and/or family?

## Further information on wellbeing:

Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

MIND

[www.mind.org.uk](http://www.mind.org.uk)

NHS One You

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

Charlie Waller Memorial Trust

[www.cwmt.org.uk](http://www.cwmt.org.uk)



Study Higher, Harcourt Hill Campus, Oxford Brookes University, Oxford, OX2 9AT

Telephone: 01865 488460 | Email: [info@studyhigher.ac.uk](mailto:info@studyhigher.ac.uk)

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