

# The **5** ways to wellbeing

The **five ways to wellbeing** are things you can do to help look after yourself. Scientists have found that if you do these things regularly, it can help you feel **happier** and **healthier**.

The five ways are for everyone—there are lots of different ways to use them.



Why not write down your own ideas?

## **1** connect



Reach out to the people around you. It's important to spend time with other people, and being around people we like feels nice.

★ Try a new hobby

★ Call or message a friend

★ Join a group

★ Do a course or workshop

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## 2 give

We don't mean giving a present (although you could!), we just mean doing something for someone else. Helping people out can feel very satisfying.

- ★ Do a favour for a friend
- ★ Ask someone how they are
- ★ Volunteer with a charity
- ★ Visit an elderly relative

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## 3 be active



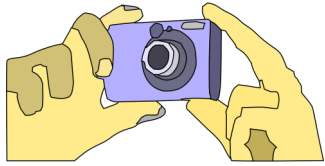
Sometimes it's hard to be active, especially if we feel sad or unwell, or if our bodies hurt more than other people's. Finding a way to move your body that feels good and works for you is important to help you be at your best, though.

- ★ Try a sport
- ★ Dance with your friends
- ★ Play games
- ★ Gentle yoga or swimming

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## 4 take notice

It's easy to get lost in our thoughts, or too busy doing things to really pay attention to the world. Don't live life on autopilot!

★ Keep a diary      ★ What are you feeling right now?

★ Take pictures      ★ What can you hear?

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## 5 keep learning



Learning new things can make us feel better about ourselves and help us achieve things we want in life. Plus, it's fun!

★ How to cook      ★ How to play a new computer game

★ How to draw      ★ Learn new skills through volunteering

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For more advice and information for young people with SEND, and details of our Amazing Futures peer support project, check out our website:

[amazesussex.org.uk](https://amazesussex.org.uk)