

Six Ways to Wellbeing

Why does wellbeing matter for young people?

Evidence suggests that wellbeing is an important in other aspects of young people's lives, for example:

- Young people with a good level of wellbeing are more likely to perform well at school and be physically healthy (Department of Health, 2011).
- Enabling young people to develop awareness about the importance of looking after their wellbeing could offer benefits for their mental health in the future because we know that 75% of adult mental health problems begin before the age of 18 (CMO, 2012).
- Emotional and mental wellbeing could be a protective factor in reducing the likelihood of young people using drugs or alcohol (Public Health England, 2013)

There are some simple things that everyone can do that can help boost moods and keep you happy. They can be easy to do and don't have to cost a penny. They are known as the **Six Ways to Wellbeing**.

What are the Six Ways to Wellbeing?

The Foresight Project Mental Capital and Wellbeing published its suggestions in October 2008. The project commissioned the Centre for Wellbeing at NEF (New Economics Foundation) to develop the 'Five ways to Wellbeing': a set of evidence based actions to improve personal wellbeing. The Five Ways to Wellbeing are a wellbeing equivalent of 'five fruit and vegetables a day'. It is recommended that individuals build the Five Ways to Wellbeing into their daily lives to improve their wellbeing. At Hinde House, we have included a sixth way to wellbeing, as suggested by the Wheel of Wellbeing: [Wheel of Well-being \(wheelofwellbeing.org\)](http://wheelofwellbeing.org). This sixth way is 'Care'.

Six Ways to Wellbeing

The Six Ways to Wellbeing are:

[1] **People: Connect** - ways to spend time with friends and family to help reduce your chances of becoming depressed and lonely, and also to help you become more confident,

[2] **Body: Be Active** - ways to exercise to boost your mental alertness, give you more energy and put you in a good mood. Also, to reduce stress and anxiety as well as increase your self-esteem.

[3] **Place: Take Notice** - ways to savour the moment, to be aware of the world around you and what you are feeling, and to reflect on your experiences.

[4] **Mind: Keep Learning** - ways to keep your brain busy every day.

[5] **Spirit: Give** - ways to give to others to begin a cycle of generosity and happiness.

[6] **Planet: Care** - ways to help take care of the planet in your everyday life

Below are some suggested activities to choose from. Some can be discussed and practised in class, and some can be discussed in school and then practised at home. There are plenty of other ideas that you may wish to do instead.

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Activity Ideas					
People: Connect	Body: Be Active	Place: Take Notice	Mind: Keep Learning	Spirit: Give	Planet: Care
<p>With family - share your day and ask about theirs</p> <p>Help a friend or neighbour.</p> <p>Eat a meal with your family.</p> <p>Make a new friend. Say hello.</p> <p>Bake some cakes and share them.</p> <p>Use different ways to communicate.</p> <p>Smile and speak to someone as you pass them in the corridor. Ask a friend about their weekend and pay attention and listen when they tell you.</p>	<p>Use a Joe Wickes fitness video or something similar.</p> <p>Dance to your favourite song.</p> <p>Walk a dog.</p> <p>Hula hoop.</p> <p>Join a sports team.</p> <p>Play a game in the playground.</p> <p>Walk or cycle to school.</p> <p>Help in the garden.</p> <p>Run a race with friends.</p> <p>Make up your own sport.</p>	<p>Use a Cosmic Kids yoga video.</p> <p>Look what you can see out of your window and how it changes.</p> <p>Paint or draw a picture of what you've seen today.</p> <p>Think about how you are feeling today.</p> <p>Listen to the sounds of nature like the wind and rain.</p> <p>Play I spy.</p> <p>Notice how your friends or family are feeling today.</p>	<p>Learn a new word each day.</p> <p>Visit a museum, library or art gallery.</p> <p>Try out a musical instrument.</p> <p>Learn to do the floss dance move.</p> <p>Do a word search.</p> <p>Try a new food.</p> <p>Learn to cook a new recipe.</p> <p>Study an animal or bug.</p> <p>Visit a new place.</p> <p>Write a story or song.</p>	<p>Say thank you.</p> <p>Smile.</p> <p>Make a homemade present or card for no reason.</p> <p>Hold a door open for someone.</p> <p>Give someone you love a hug.</p> <p>Send your old toys to a charity shop.</p> <p>Share with others.</p> <p>Help around the house - wash the dishes or do some dusting.</p>	<p>Cut down on waste.</p> <p>Leave your car at home one day a week and try walking, cycling or getting public transport to school.</p> <p>Get a bag for life.</p> <p>Save power by turning off plugs when electrical items aren't being used.</p> <p>If it's yellow, let it mellow. If it's brown, flush it down.</p> <p>Take unwanted things to the charity shop.</p> <p>Use a reusable water bottle.</p>

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<p>Talk to someone in person or on the phone instead of messaging or social media.</p> <p>Make contact with someone you used to hang out with.</p> <p>Find an old photo of friends or family and share it with them.</p> <p>Don't use your phone for a day.</p> <p>Take your headphones off when in a shop.</p> <p>Ask your parents or carer about their childhood.</p> <p>Don't use the self-checkout in a shop and talk to the shop assistant.</p> <p>Write a letter or send a postcard to someone.</p> <p>Sit next to someone you don't normally sit with at lunchtime.</p>	<p>Cycle, dance or play a game.</p> <p>Go to the park.</p> <p>Try a new activity.</p> <p>Get off the bus one stop earlier and walk the final part of your journey.</p> <p>Go to your local park.</p> <p>Stretch and move your limbs in the morning, midday and evening.</p> <p>Make some bread. It's hard work!</p> <p>Climb a tree.</p> <p>Try out a new exercise class like yoga or Zumba.</p> <p>Learn how to swim or ride a bike.</p> <p>Create a five a side football team.</p> <p>Try crazy golf or bowling with your mates.</p>	<p>Take time to be still, reflect, and become aware of your surroundings.</p> <p>Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual.</p> <p>Be curious.</p> <p>Take a different, more beautiful route to or from school.</p> <p>Reflect on the positives, what can you be grateful for - there is always something.</p> <p>Really savour every mouthful of your lunch, noticing the texture, flavour, how the food feels, tastes.</p> <p>Consider your strengths and how you make the most of them.</p>	<p>Set yourself a goal.</p> <p>Learn something new.</p> <p>Research something that you are interested in.</p> <p>Learn a new word or a random fact.</p> <p>Visit a museum.</p> <p>Read the news or a book.</p> <p>Use a conversation as a way to learn new things, be curious.</p> <p>Sign up for a class or group outside of school.</p> <p>Learn something new about yourself.</p> <p>Go to a quiz or host one among your friends.</p> <p>Learn an inspirational quote.</p> <p>Download a random fact app.</p>	<p>Listen to someone else and how they are feeling.</p> <p>Do something nice for a friend.</p> <p>Volunteer your time.</p> <p>Raise money for charity.</p> <p>Be a good role model.</p> <p>Take action to improve your neighbourhood.</p> <p>Check up on a friend.</p> <p>Send a text, or message or write someone who helped you a letter to show how much it meant to you.</p> <p>Donate your time to do something for someone else; help out a neighbour; carry shopping or offer to make a cup of tea.</p> <p>Offer to help your parents or people you</p>	<p>Put on a jumper instead of the heating.</p> <p>Have a shower instead of a bath.</p> <p>Collect and then spread seeds in your local area.</p> <p>Repair, re-use or recycle.</p> <p>Separate recyclable and non-recyclable materials.</p> <p>Take unwanted things to the charity shop.</p> <p>Grow your own fruit and veg.</p> <p>Buy locally grown produce.</p> <p>Buy energy saving products.</p> <p>Find out the names of the stars and planets in the night sky.</p> <p>Plant a tree to celebrate a major achievement.</p>
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<p>Find out the names of three people you haven't met before in school.</p>	<p>Walk to see friends instead of going in the car.</p>	<p>Think about who inspires you and why.</p> <p>Notice your neighbours and people around you.</p> <p>Notice wild flowers and where they grow.</p> <p>Watch animals and birds outside.</p> <p>Think about what your parents or carers do for you.</p> <p>Pretend you are someone else and reflect on what they would think about you.</p> <p>Plan for the future and where you'd like to be in 5 years' time.</p> <p>Do some people-watching in the middle of town or in the park.</p> <p>Try a new food and then notice how different it tastes and feels.</p>	<p>Learn a new hobby or a new language.</p> <p>Learn the words to a new song.</p> <p>Find out more about something your friends or family are interested in.</p> <p>Learn more about your family history.</p> <p>If you hear something you don't understand, google it straight away.</p> <p>Use a dictionary for words you don't know.</p> <p>Think about how others are feeling and work out why.</p> <p>Be brave by trying something you find hard.</p>	<p>live with round the house.</p> <p>Bake a cake and give it to someone.</p> <p>Do some volunteering.</p> <p>Help out at a local fete or event.</p> <p>Nominate someone for an award.</p> <p>Learn how to put someone in the Recovery Position.</p> <p>Give your pocket money to someone who needs it more than you.</p> <p>Give yourself some time to relax.</p> <p>Volunteer for an extra responsibility at school.</p> <p>Have a book swap in your class.</p> <p>Let people go ahead of you all day.</p>	<p>Give the gift of a plant.</p> <p>Only use what you need.</p> <p>When you garden, connect with the land by getting your hands dirty.</p> <p>When shopping for fruit and veg, put them in Tupperware rather than a plastic bag.</p> <p>Avoid food waste by planning a menu for the week.</p> <p>Take nothing but photos, leave nothing but footprints.</p> <p>Put your litter in the bin.</p> <p>Cut up old bicycle inner tubes to use instead of rubber bands or make a pair of laces for your shoes which you will never have to untie.</p> <p>If possible, reuse your old spectacle frames, if your prescription has changed.</p>
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		Write or draw a list of 10 things you are grateful for.		Offer to carry someone else's bag into school. Leave an encouraging note for someone. Clear up after someone else's lunch. Congratulate others when they do well.	Create a compost heap. Don't put fat down the sink, make a suet ball for the birds instead.
Reflection					
People: Connect	Body: Be Active	Place: Take Notice	Mind: Keep Learning	Spirit: Give	Planet: Care
How would you know if you were connecting or just making contact? What makes the difference? If being well connected is good for your mental wellbeing: -Is there anything you'd like to do more of? -Is there anything you'd like to do less of? Can you think of connections that you	What activities do I engage in on a regular basis? How would I like to develop this? Who can support me to be more active at home/work? 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')	If noticing enhances wellbeing, what opportunities can I take or make to take notice more often? How can I practice slowing down and pausing more often? What difference will incorporating this in my day to day life make?	What do I think about 'Learning'? Would I like to learn something new each day? What would I like to learn about? What interests me, what do I value, that would be useful? What do I need to do to make learning fun and something I look forward to?	What do you give others on a regular basis? Do you notice what it's like for you when you give to others? What else could you give others that you hadn't thought of before? What small gifts can you offer that you will feel good about? What do you give yourself?	Who or what else will benefit from you taking care of the planet? Without being pushy, how could you encourage other people to do the same? Which benefits can you see and which benefits are unseen?

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would like to make, or remake?				How can you be more generous to yourself?	
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