

## The Five Ways to Wellbeing

KEEP  
LEARNING

TAKE  
NOTICE

Give

BE  
ACTIVE

CONNECT

By nullam  
wellbeing



## Looking after yourself and others during the coronavirus crisis.

Many people all across the country are now trying to adjust to a new way of life, and are learning to juggle work and parenting, mainly with a far greater respect for the undervalued and overlooked work of childcare and education professionals.

Twelve years ago, the New Economics Foundation (NEF) reviewed more than 400 scientific papers to identify key things that contribute to our wellbeing. They developed the Five Ways to Wellbeing, reflecting the familiar 'five a day' message for fruit and vegetables, which are aimed at helping people to understand and incorporate wellbeing into their everyday lives.



What the research showed was that each of the 'Five Ways' can help to improve mental health and wellbeing and help you to feel more positive and able to get the most out of life.

Mental Wellbeing is particularly important and challenging during the Covid-19 crisis. The guidance is clear that self-isolating means that we must only socialise face-to-face with those that we are living with and should only be going outside for essential reasons, or for exercise so in theory it is more difficult to meet the aims of the Five Ways. However, revisiting the Five Ways and setting ourselves the challenge of doing at least one of each of these every day will help to keep us all on an even keel. Here are some ways the Five Ways can be interpreted in line with the current social distancing and 'lockdown' guidelines.





Connecting: Good relationships are important for our wellbeing. They can help you to build a sense of self-worth and belonging, help to reinforce positive experiences and also build a support network for when times get tough.

Many online platforms are available to enable us to see friends, colleagues and family. You could also write postcards or letters (real and virtual) to say 'hi' to friends and neighbours even if we can't speak to them. Make time to play some traditional games with your family, cards or charades etc.



Giving: Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing. It also helps to connect with other people.

There are ways that you can help others while still following the guidelines. Within your own home, be more thoughtful and considerate of others, offer to do things to help someone else at home.

Many of us are also shopping for relatives in the 'vulnerable group' or volunteering to help local groups deliver essentials. Virtual support can also be provided, through shopping online for local food banks (if you can afford it).







Taking Notice: Paying more attention to the present moment, to your thoughts and feelings and to the world around, can boost mental well-being. Reflecting on your experiences will help you appreciate what matters to you.

In current circumstances it's hard not to worry about the future, of our home, our family, our community, our workplace. Take some time each day to acknowledge how you are feeling can be really helpful as can noticing the changes in trees and plants we can see outside our windows. Planting some seeds, tend to them and watch them grow each day.



Being Active: Getting physically active every day is great for our bodies and minds. It can improve mental wellbeing and lower rates of depression and anxiety.

There are lots of free online group workouts are available, from dance classes to yoga. This exercise will work for some, but being active is not only about 'working out' and there's a huge range of different physical capabilities due to health conditions, age and ability. Finding a way to be active that suits you and can be sustained is critical.



Keep Learning: Exploring new ideas, seeking out new experiences and sharpening our skills positively stimulates the brain.

Learning something new or improving a skill you already have is a way of shutting out the outside world for a bit and giving you a sense of achievement. Talk with your family about things you might like to try. Are there things you can learn from each other?



**What research also shows is that the impact of each of the above is further enhanced if we can do things that combine as many of the Five Ways as possible.**

**Now for your challenge...**

# The Operam Wellbeing Challenge #1

## Ready, Steady, Cook!

Whether you live alone or with family, we are all facing the fact that there is a reduced variety of food available to us and that we are rationed in various ways when we go shopping. As a result many of us are resorting to digging into the cupboards and making up meals from whatever we have. There is also a certain amount of freezer roulette going on in some households.

One way to combine some of the Five Ways is to play Ready, Steady, Cook. For those not in the know; someone chooses ingredients to use (in the TV show up to a monetary value) and chefs then create wonderful meals using them and 'store cupboard' ingredients in 20 minutes.



### The Covid-19 Operam Cooking challenge is this:

- Make a set of cards: Ingredients, Head Chef, Sous Chefs, Washer Upper (you can adjust the roles, depending on how many there are at home)
- Ingredients: One person in the family chooses up to 4 things from the cupboards/ fridge/ freezer (not including ready meals!)
- Chefs: One person is nominated as the head chef and others can help as sous chefs.(If you live alone, you can still take part)
- Create your meal in as close to 20 mins as possible.
- Take a picture and upload it to the Facebook Group.
- Washer Upper: has to clean up afterwards and wash the dishes/ load the dishwasher.

# The Operam Wellbeing Challenge #1

Doing this challenge will help with:



Connecting- with your family- you will have to talk to each other! By posting the results you'll also be connecting with others.



Being active- after all the delicious food, make sure you do some activity to keep the weight down!



Taking notice- really look at what you have in the kitchen and also the wonderful smells and tastes you will create. You could even go all 'Masterchef' and really focus on presentation.



Keep Learning- learning to create new dishes- Dig out recipe books, watch Food shows on TV, or Google and You-tube could be your new best friends for ideas.



Give- you will all be helping each other in some way.

**Good Luck!**

**PS All photos posted by next Tuesday!**