

The following wellbeing check is derived by research carried out by the New Economics Foundation to develop and enhance wellbeing. They found that these five areas are how people keep themselves well.

Learn

What does it mean to you to learn? How do you learn? What is your style of learning? Are you a thinker or a doer? When was the last time you learned something new. Often we believe learning is just about schooling but learning can be so much fun! From learning a new recipe, to visiting a new place, there are learning opportunities with every conversation had and every activity participated in.

Continued learning through life enhances self-esteem and encourages social interaction and a more active life!!! What would you like to learn today?

Here are a few more ideas:

- Sign up for a course
- Go to your library
- Research something interesting to you
- Learn the words of your favourite song
- Do a puzzle

Be active

Being physically active regularly enhances wellbeing for many reasons, increased oxygen to our blood, increase in production of endorphins and serotonin, lowers depression and anxiety, off-loads stress and emotional build ups. From taking a walk, a swim to dancing or skipping, there are so many ways of getting physical. What do you do to be active?

Here are more ideas:

- Walk or cycle to work
- Take the stairs two at a time
- Join a sports team
- Play tag with a friend
- Stretch at your desk

Connect

We, as social beings need to feel a sense of belonging and to be valued by others. We need closeness and intimacy to share ourselves with others, to be validated and feel understood. Connections support us in mind, body and spirit. Connection can also take in to account our relationship with ourselves, with nature, with a higher power, a group or a community.

Notice who you connect with. Who enlivens you? Who drains you? Who do you need to contact today?

Ways of connecting:

- Begin a conversation with a shop attendant
- Call someone
- Write a letter
- Leave your phone down and see if you can make contact in person
- Reconnect with old friends

Give

Giving of yourself and your gifts in whatever shape or form increases self-esteem, connection to others, activity, gratitude and decreases self-preoccupation. Be it volunteering, random acts of kindness, sharing your talents or helping a friend, giving is actually a gift that keeps on giving in wellbeing terms. It not only raises oxytocin for the receiver but for the giver too!!!

Ways to give:

- Show appreciation of others
- Smile
- Make eye-contact
- Help with a task
- Offer someone a lift

.Take notice

Taking notice is much like presence or mindfulness. It is being aware and taking in the moment. This allows you to see what is really important to you. It aids self composure and slows down reaction times. It improves our availability to listen and see what is really happening in situations. It provides you with an opportunity to make better decisions and choices.

How do you take notice? What helps you become present?

Here are some more ideas

- Plant a seed and watch it grow
- Pet an animal
- Observe the people around you
- Hear the sounds in your environment
- Savour your next meal

Use the template to score yourself in each area and personally reflect upon the aspects of your life that contribute to your wellbeing. You will also notice the aspects that perhaps you could address for a better quality of life.

Wellbeing Check



Connect

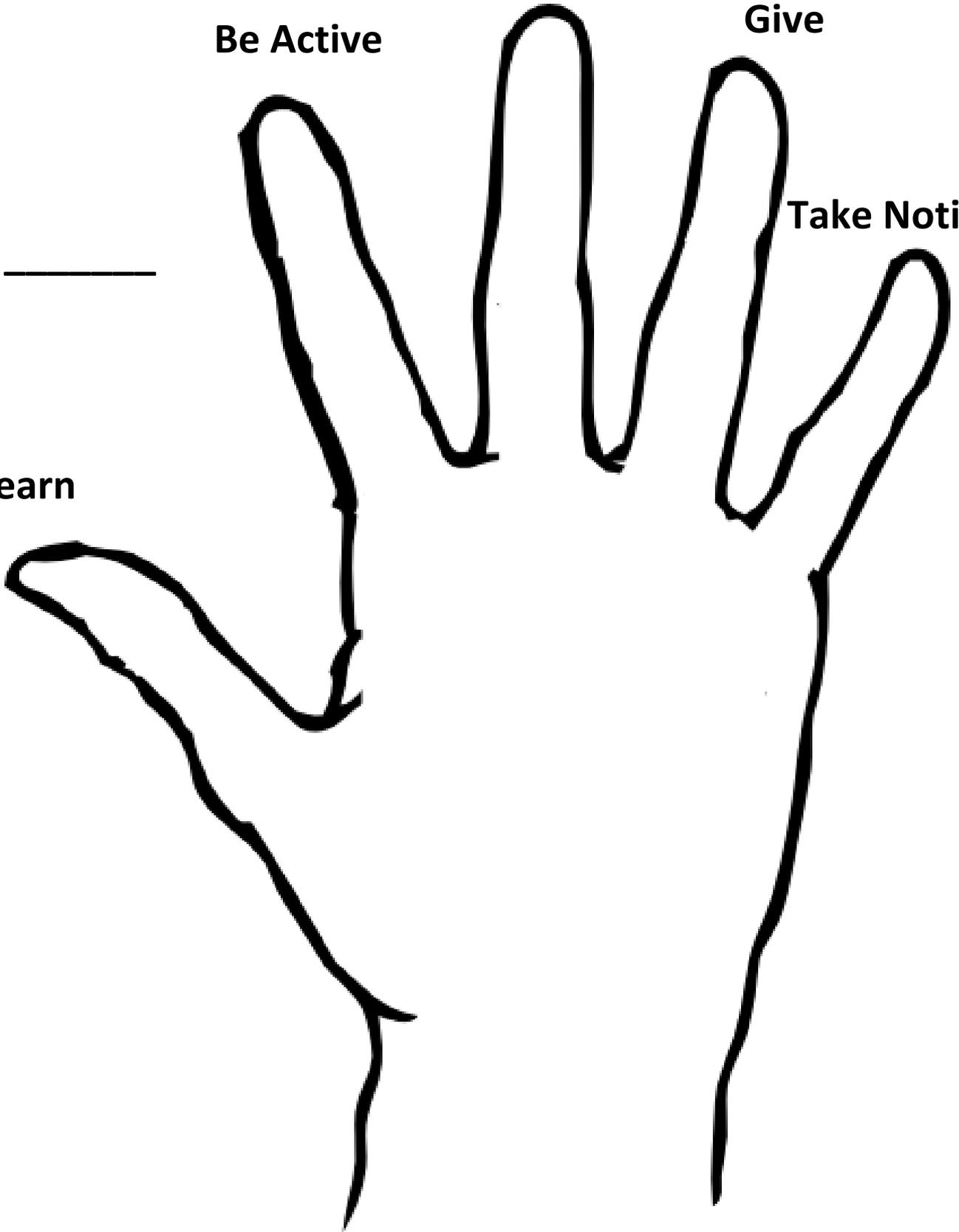
Give

Take Notice

Be Active

Learn

Date: _____



Connect

Give

Be Active

Take Notice

Learn

EXAMPLE

Date: 17/10/17

