

100 WAYS TO DO THE 5 WAYS TO WELLBEING

CONNECT

- Smile, make eye contact with people you meet
- Listen with your heart and mind
- With family – share your day and ask about theirs
- speak to someone new at work or at University or school
- Ask a friend about their weekend and pay attention and listen when they tell you
- Talk to someone in person or on the phone instead of messaging or social media
- Make contact with someone you used to hang out with
- Find an old photo of friends or family and share it with them
- Take your headphones off when in a shop
- Invite friends for a coffee and connect in conversation with them, , not your phone
- Make conversation with friends or older people by asking about their childhood memories
- Write a letter or send a postcard to someone
- say hello
- Share a random or inspirational photo with your friends
- Go to community events
- Plan a neighbourhood street barbeque
- Join a hobby or walking group in your area to meet new people.
- Make connecting with others a fun by doing something enjoyable like playing games.
- Join a dance session or cooking class with others and experience the joy of social connection!

BE ACTIVE

- Play your favourite song and dance to it
- Go for a walk at lunchtime
- Walk to school
- Get off the bus one stop earlier and walk the final part of your journey
- Go to your local park
- Stretch and move your limbs in the morning, midday and evening
- Join a new sports club or team
- Walk the dog
- Do some gardening
- Make bread; its hard work!
- Go for a jog or join in a dance group
- Try out a new exercise class like yoga or Zumba
- Learn how to swim or ride a bike
- Play a game of tennis
- Try golf or 10 Pin Bowling with friends
- Walk to see friends instead of going in the car
- Have a Wii fit competition
- Learn to be a lifeguard
- Coach a children's football team

BE AWARE

- Take a different, more beautiful route to or from school
- Stop and really take in your surroundings
- Reflect on the positives, what can you be grateful for; there is always something
- Take notice of what you are thinking. Not to judge or be hard on yourself, but just to be more aware of what you are thinking
- Really savour every mouthful of your lunch, noticing the texture, flavour, how the food feels, tastes
- Consider your strengths and how you make the most of them.
- Think about who inspires you and why
- Notice your neighbours and people around you
- Notice wild flowers and where they grow
- Watch animals and birds outside
- Think about what your parents do for you
- Pretend you are someone else and reflect on what they would think about you
- Plan for the future and where you'd like to be in 5 years' time
- Do some people watching in the middle of town or in the park
- Try a new food and then notice how different it tastes and feels

KEEP LEARNING

- Research something you've always wondered about
- Discover something new, find out more about something you're interested in
- Read the news or a book
- Use a conversation as a way to learn new things, be curious
- Sign up for a class or group outside of work or school
- Learn a new word or words to a new song. Learn a poem or an inspirational quote.
- Visit your local library or a museum
- Learn something new about yourself or others
- Go to a quiz or host one among your friends
- Learn a new hobby or a new language
- Learn a new dance routine
- Learn how to drive or Learn to drive a new way home
- Find out more about the hobbies of your friends
- Learn more about your family history
- If you hear something you don't understand, google it straight away
- Use a dictionary for words you don't know
- Think about how others are feeling and workout why

HELP OTHERS

- Smile and be willing to give your time to a conversation, or check up on a friend by email, phone or better still in person.
- Give unwanted items to a local charity shop
- Say thank you to someone who has helped you.
- Donate your time to do something for someone else; help out a neighbour; carry shopping or offer to baby-sit. Help to keep your neighbourhood clean by reducing waste.
- Offer to help your parents or people you live with round the house. Help out at a local fete or event.
- Bake a cake and give it to someone or do some volunteer work at a 'Community Neighbourhood House'
- Nominate someone for an award
- Give some food to a food bank or join a group to raise money for a charity
- Give someone a hug or help an elderly neighbour take out their rubbish bins each week for garbage collection.
- Be a mentor for someone or a good role model for your kids