

5 Ways To Wellbeing

Make the 5 your ways



Connect



Be Active



Keep Learning



Be Aware



Help Others



For more information

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The '5 ways' are based on extensive international research about the modifiable determinants of wellbeing. You can do this even during **COVID 19**. Here are some suggestions.

Connect: find time each day to focus on the people who matter most to you whether it be your partner, child, friend, sibling, or parents. Connect via the phone, text, letter, Skype, Whats App, Face Time, Facebook, Zoom, House Party.

Be Active: talk a walk, online exercise or yoga, or bust out those dance moves. Consistent physical activity is well known to lower stress and anxiety and improve mood, not to mention strengthening your immune system.

Keep Learning: Read books, join an online library, enrol in short online courses, complete puzzles, learn to paint or draw or online trivia.

Be Aware: Practice Forgiveness. Look for opportunities every day to let go of the judgements you make about others. Make the first move to smooth a potential rift with someone you care about. **Practice gratitude.** Make a habit of noticing all the things that are right in our lives, because as hard as this time is, it could be much, much worse. **Experience your own backyard;** smell the flowers; lay down on the grass or observe the sky.

Help others: Find a way to be of service every day. Who around you needs a meal delivered, their mailbox checked, their pet walked or a phone call for support.