

Norfolk's

Five Ways to Wellbeing



Toolkit

2018

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Briefing sheet Five Ways to Wellbeing (Summary)

We want to encourage individuals and communities in Norfolk to adopt the five ways to improved wellbeing identified by the New Economics Foundation. This means more individuals taking up the five ways - connect, be active, take notice, keep learning and give.

What is Wellbeing?

- Wellbeing is when you feel good and enjoy your day to day life
 - The things that we do and the way that we think affects our wellbeing
 - There are five ways that can help boost our wellbeing. Each of these actions makes a positive difference to how we feel
 - Being aware of and combining these will make a difference
 - You might find that there is one way in particular where changes could be made. Try them and see
1. **Connect** - with your friends, family, neighbours and people at work. Have a conversation, pass the time of day, make time for that chat
 2. **Be Active** - find a physical activity that you enjoy, go for a walk, try gardening
 3. **Take Notice** - take the time to look at the day, the changing seasons. Savour the moment
 4. **Keep Learning** - try something new whether it's making a new recipe, fixing the bike or even signing up for a course
 5. **Give** - smile, do something nice for a friend or neighbour, make some time for others

Key Facts:

- Happier people can add 7½ years to their life. Each of these Five Ways to Wellbeing has been shown to make a positive difference to how we feel
- People with high levels of mental wellbeing are more likely to be in work or in full-time education
- 1 in 4 people will experience mental distress during their lifetime

Wellbeing Websites:

Mental Wellbeing Self-assessment

www.nhs.uk/Tools/Pages/Wellbeing-self-assessment.aspx

Five Ways to Mental Wellbeing

www.nhs.uk/Livewell/mental-wellbeing/Pages/five-ways-mental-wellbeing.aspx

Mental Wellbeing

www.nhs.uk/LiveWell/mental-wellbeing/Pages/mental-wellbeing.aspx

Briefing sheet Five Ways to Wellbeing

- Wellbeing has two main aspects: feeling good and functioning well
- Feelings of happiness, contentment, curiosity, engagement, enjoyment are characteristic of someone with a positive experience of their life
- Functioning in the world with positive relationships, having a sense of purpose and some control over your life are important attributes of wellbeing
- Research shows that there are five actions or ways to wellbeing where positive actions will contribute to and boost feelings of wellbeing. Each of these actions or ways will have a positive impact
- Being aware of and combining all five actions will provide a rounded contribution to feeling good and functioning well
- You may feel you are already consciously employing some of the actions in your everyday approach to life and so you may select just one aspect to focus on. Sometimes it is useful to remind yourself and review

1. Connect - With the people around you. With family, friends, colleagues and neighbours. At home, work or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich your life every day.

2. Be Active - Go for a walk or run. Cycle. Play a game, try gardening or dancing; exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

3. Take Notice - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, taking time to eat lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

4. Keep Learning - Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

5. Give - Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

How you can help - Top tips

1. Include information on wellbeing in any related press releases and communications your organisation is sending out
2. Use the Five Ways to Wellbeing logo as widely as possible
3. Include some key health and wellbeing statistics
4. Include relevant information on your website
5. Plan events during the year or badge existing events to support the Five Ways to Wellbeing
6. Think how the work of your organisation can support the Five Ways to Wellbeing
7. Inform staff about the Five Ways to Wellbeing and promote wellbeing through your internal communication channels
8. Develop partnerships with others to seek new opportunities for your organisation's role in wellbeing
9. Consider how you could take action to make wellbeing a priority for your organisation

Useful websites:

www.fivewaystowellbeing.org

www.nhs.uk/Livewell/mental-wellbeing

www.wellbeingnands.co.uk

Why we should promote wellbeing:

NEF Evidence:

www.neweconomics.org/publications/five-ways-well-being-evidence

Five Ways to Wellbeing:

www.neweconomics.org/publications/five-ways-to-wellbeing

The Role of Local Government in Promoting Wellbeing:

www.neweconomics.org/publications/the-role-of-local-government-in-promoting-well-being

Public Mental Health and Wellbeing – the local perspective:

www.nhsconfed.org/Publications/reports/Pages/Public-mental-health-well-being-local-perspective.aspx

National Mental Health Strategy - No Health without Mental Health:

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_124058.pdf

Evidence shows that good relationships with family, friends and the wider community are important for mental wellbeing.

- Social relationships are important. Building stronger, broader social connections can increase your feelings of happiness and self-worth
- Many of us would like to spend more time with people who are important to us, however having a busy life can make this hard
- Results of surveys show the most significant difference found between those with mental ill health and those with wellbeing is social participation. Surveys show people value or want to spend time with friends, family, children
- Happy people have stronger social networks (this is not in terms of virtual internet based social networks as such) than those who are unhappy. Social networks promote a sense of belonging and wellbeing
- There are two dimensions to social relationships:
 1. Relationships which are strong and deep – supportive, encouraging, meaningful. These may develop over time and are not at the acquaintance level
 2. Broad relationships which may be more superficial – give a sense of familiarity, connectedness, self worth / position in community

How connecting with other people can help

- Human beings are social animals, and our relationships with other people matter to us
- Strong relationships with family and friends can allow us to share our feelings and know that we are understood. They provide an opportunity to share positive experiences and can give us emotional support, as well as the chance to support others

How you can **Connect with others:**

Visit the following websites for further information on how to connect with others:

- Find ideas on how to connect with other people on the NHS website:
www.nhs.uk/Livewell/mental-wellbeing/Pages/connect-mental-wellbeing.aspx

Key message:

Strengthen and broaden your range of relationships and social networks. Spend time with your friends and family and make time for conversation or having that chat.

Being active is great for your physical health and fitness. But evidence shows that it can also improve your mental wellbeing.

- Being active doesn't mean you need to spend hours in the gym
- Simply find physical activities that you enjoy and think about how to fit more of them into your daily life

How physical activity can help

- Regular physical activity is associated with a greater sense of wellbeing and lower rates of depression and anxiety
- Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood
- Some scientists also think that being active can help improve wellbeing because it brings about a sense of greater self-esteem, self-control and the ability to rise to a challenge
- In children – action is central to cognition. In later life being physically active protects against cognitive decline and onset of depressive symptoms and anxiety
- As little as a single bout of 10mins physical activity can positively improve mood

How you can Be Active:

Visit the following websites for further information on how to be active:

- For local physical activities you could get involved with visit: www.activenorfolk.org
- Find ideas on how to get more active on the NHS website:
www.nhs.uk/Livewell/mental-wellbeing/Pages/get-active-mental-wellbeing.aspx

Key message:

Being active is for people of all ages and does not need to be intense physical activity. Being active, such as walking, can also encourage social interactions.

Take notice



Paying more attention to the present moment, to your own thoughts and feelings and to the world around you, can improve your mental wellbeing.

- Sometimes called awareness or “mindfulness,” you can take steps to develop this in your own life
- Awareness of thoughts, sensations and feelings will continue to enhance wellbeing for several years. Being in a state of mindfulness predicts positive mental states, self regulated behaviour and heightened self knowledge
- Becoming more aware of the present moment means noticing the sights, smells, sounds and tastes that you experience, as well as the thoughts and feelings that occur from one moment to the next
- Mindfulness, can help us enjoy the world more and understand ourselves better

How taking notice can help

- Mindfulness allows us to become more aware of the flow of thoughts and feelings that we experience. We can train ourselves to notice when our thoughts are taking over, and realise that they do not have control over us
- Most of us have issues that we find hard to let go, and mindfulness can help us deal with them more productively. Taking notice of the world around you can bring about reductions in stress and improvements in mood
- Several practices can help create a new awareness of body sensations, thoughts and feelings.
- They include:
 1. Meditation – participants sit silently and pay attention to the sensations of breathing or other regions of the body, bringing the attention back whenever the mind wanders
 2. Yoga – participants often move through a series of postures that stretch and flex the body, with emphasis on awareness of the breath
 3. Tai-chi – participants perform a series of slow movements, with emphasis on awareness of breathing

How you can Take Notice:

Visit the following websites for further information on how to take notice:

- Find ideas on how to take notice on the NHS website:
www.nhs.uk/Livewell/mental-wellbeing/Pages/awareness-mental-wellbeing.aspx

Key message:

Take time to stop and become aware of your surroundings, listening to your thoughts and feelings about them.

Keep learning



Learning new skills can be useful, but it can also positively affect our mental wellbeing. It doesn't have to mean getting more qualifications. There are many ways to bring learning into your life.

- Evidence shows that continuing to learn throughout life can help improve and maintain our mental wellbeing. Learning can boost self-confidence and self-esteem, help build a sense of purpose, and help us connect with others
- For children, learning plays an important role in social and cognitive development. The continuation of learning through life has the benefits of enhancing an individual's self-esteem, encouraging social interaction and a more active life
- Anecdotal evidence suggests that the opportunity to engage in work or educational activities helps to lift older people out of depression. Adult learning has been correlated with positive effects on wellbeing, reports of life satisfaction, optimism and efficacy

How learning can help

- Some studies have shown that learning throughout life is associated with greater satisfaction and optimism, and improved ability to get the most from life
- Some scientists think that setting goals and working towards them plays an important role in the way learning influences wellbeing. Many forms of learning involve being with other people. This can help us build and strengthen social relationships

How you can Keep Learning:

Visit the following websites for further information on how to keep learning:

- Find ideas on how to keep learning on the NHS website:
www.nhs.uk/Livewell/mental-wellbeing/Pages/learning-mental-wellbeing.aspx

Key message:

Learning is for people of all ages and can involve any manner of subject.
Many learning opportunities exist in Norfolk covering a wide range of topics.

Most people would agree that giving to others is good in itself. But it can also improve your mental wellbeing.

- Small acts of kindness towards other people, or larger ones – such as volunteering in your local community – can give you a sense of purpose and make you feel happier and more satisfied about life
- Mutual cooperation is associated with enhanced neuronal response in reward areas of the brain, which indicates that social cooperation is intrinsically rewarding. Feelings of happiness and life satisfaction have been strongly associated with active participation in social and community life
- For older people, volunteering is associated with more positive affect and more meaning in life while offering support to others has been shown to be associated with reduced mortality rates
- Committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing, compared to control groups

How giving helps

- Helping others and working with them can give us a sense of purpose and build feelings of self-worth
- Giving our time to others in a constructive way also helps us strengthen our relationships and build new ones

How you can Give:

Visit the following websites for further information on how to give:

- Specific information on how to volunteer on the NHS website:
www.nhs.uk/Livewell/volunteering/Pages/Howtovolunteer.aspx
- Find ideas on how to give on the NHS website:
www.nhs.uk/Livewell/mental-wellbeing/Pages/giving-mental-wellbeing.aspx
- Local volunteering opportunities:
www.norfolk.gov.uk/jobs-training-and-volunteering/volunteering

Key message:

Any acts of kindness, whether small or large can make you feel happier and more satisfied about life.

Five Ways to Wellbeing



Logo and icons

Main brand

Five Ways to Wellbeing



Sub brands



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