








Wellbeing at Wookey

THE FIVE WAYS TO WELLBEING

The five ways to wellbeing are a set of evidence based actions which promote wellbeing. They are:

	<p>With the people around you. With family, friends and neighbours. At home, school 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 you every day.</p>
	<p>Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Join a sports club in or out of school. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy that suits your level of fitness.</p>
	<p>Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating 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.</p>
	<p>Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at school. Fix something. Learn to play an instrument or cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.</p>
	<p>Do something nice for a friend, or a member of your community. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.</p>