

# Five ways to Wellbeing!



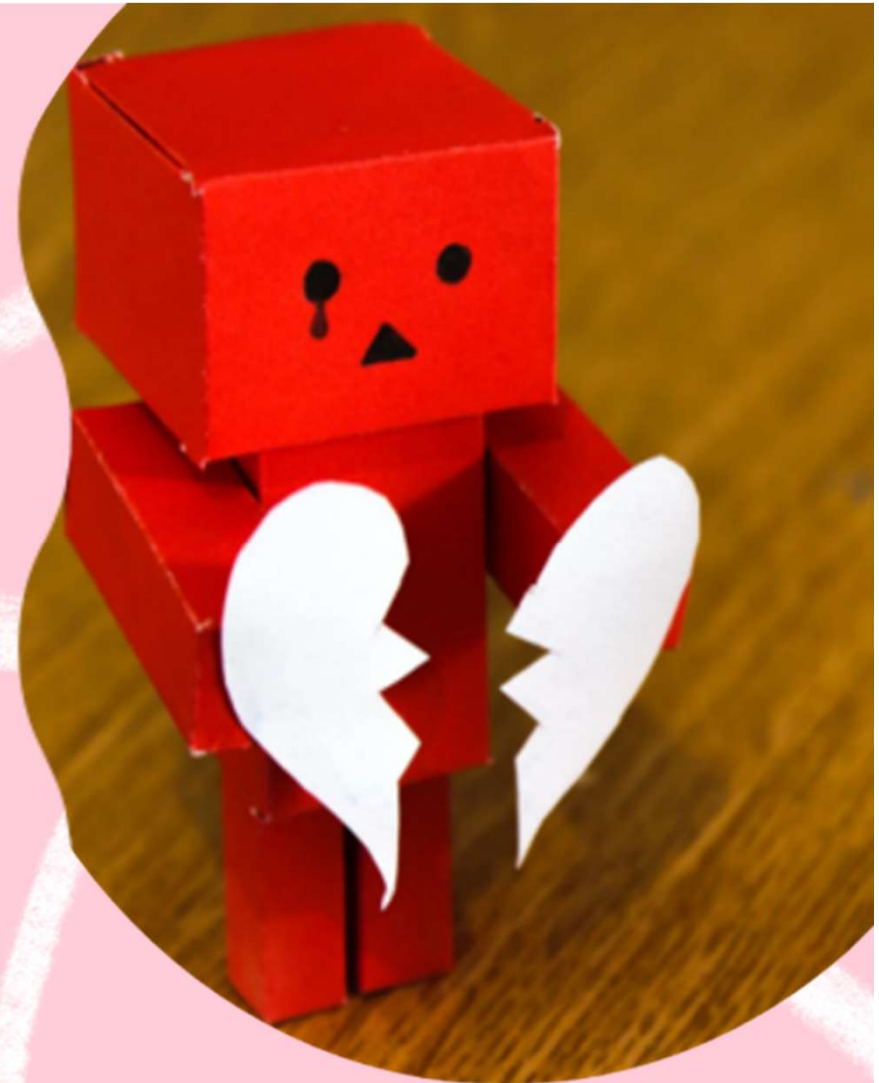
# Concept – the two elements

## Feeling good

Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristics of someone who has a positive experience of their life

## Functioning Well

Experiencing positive relationships, having some control and choices over one's life and having a sense of purpose are all important attributes of wellbeing.



# Connect

Feeling close to and valued by other people is a natural human need, that helps us function well in the world

Connect with people around you - friends, family, community, work, school, pets

Connect with yourself, connect with nature, connect with music





# Keep Learning

Learning through life enhances self esteem and confidence, encourages social interaction and increases levels of life satisfaction

Learn how to dance or play an instrument

Go to a Street Festival and learn about other cultures

Learn with your senses, Learn by making mistakes





## Take Notice

- Be curious of what's happening around you, taking notice can broaden your awareness
- Be aware of how you are feeling, increased awareness enhances self understanding
- Savor enjoyable moments
- Notice nature and the seasons



# Be Active

Exercise is essential for wellbeing in all ages. It is also linked with lower rates of anxiety and depression across all ages

Think about walking or cycling more

Try stretches in the morning to start your day





## Give

Acts of kindness can increase a sense of wellbeing. Being a part of community life has also attracted attention in wellbeing research

Give your time, give compliments, give kind words to others.

This also helps you to feel good about yourself





## Young Persons

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- Support is provided to people aged 16+, young people.
- We work in partnership with Child and Adolescent Mental Health Services (CAMHS) and Targeted Mental Health Services (TAMHS) to ease transitions between services when people are being discharged back to their GP.
- As part of the Young Persons '**Step Down**' we offer outreach appointments in the community for up to 12 months.
- A peer support group also offered structured sessions such as psycho-education workshops.





**We can offer young people quality mental health education and support that adequately prepares them for the world in which we currently live. We believe that this is as important as core subjects to help them cope with the pressures of modern life and the affects of COVID19**

### **Year 10 & 11**

Programme of 1 hour workshops for up to 12 students to support young peoples recovery.

Including;

- Anxiety, overview & triggers, panic attacks and personal experiences
- Self Harm, understanding self harm and coping strategies
- Bespoke workshops to suit the schools & students needs

# Questions?



For further information, please check out our website: [www.sgmind.org.uk](http://www.sgmind.org.uk)

Or email us directly at [admin@sgmind.org.uk](mailto:admin@sgmind.org.uk)

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