

# 5 ways to well being



The 5 ways to well being are simple steps you can take to improve your mental health and wellbeing:

**Connect | Give | Be active | Learning | Take Notice**

Check out these lockdown suggestions from our Gap wellbeing youth group



## CONNECT

- Keeping contact with friends and family online. Sites such as Zoom, WhatsApp video & Houseparty help to stay connected with friends and family.
- Online games with friends and family. Check out our factsheet ['free activities'](#) for help finding online games.
- Going for walks with the family members you live with (keeping a 2 metre distance from other people who are out walking).
- Texting /calling friends and family.
- Reading aloud to each other.
- Talking about shared interests. Make use of the video platforms to share your interests with friends.
- Watching TV shows together virtually.

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## GIVE

- Visiting neighbours and supporting vulnerable people. Collect shopping, prescriptions or just a friendly hello. But please remember to keep a safe distance. If dropping off shopping or supplies knock and leave on the door matt.
- Cooking meals for family and friends and dropping them off.
- Using the Mutual Aid website so fit and healthy people can support those in need. More and more neighbourhoods are now setting up WhatsApp groups to support one another.  
<https://covidmutualaid.org/community-resources/#tab-con-6>
- NHS clap every Thursday at 8pm. Simply clapping for the NHS is a great way to show your thanks.
- Sharing your favourite songs, tv programmes, book suggestions with friends and family.

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## **BE ACTIVE**

- **Walk once a day.** But please remember to keep a safe distance. If dropping off shopping or supplies knock and leave on the door matt.
- **Online workouts.** There are lots of online workout sessions you can do: yoga, keep fit, boxing etc.
- **Playing an instrument.**
- **Skateboarding.** Remember to keep a safe distance and to be included in your 1 hours exercise daily allowance.
- **Stretching and movement breaks.**
- **Dancing or performing (on your own or to pets, family, friends).**
- **Training pets.**

**Keep fit with Joe Wicks**

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

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## LEARNING

- **School or college work.** Keeping on top of work will ease any anxiety about returning to school or college.
- Writing poems
- Training pets
- Knitting
- Instruments/music
- Make-up tutorials
- Reading
- Online games
- **Teaching others the skills we have** (eg, teaching family to play piano, inviting friends to play online games etc).

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## TAKE NOTICE

- Mindfulness
- Grounding technique: Make use of the 54321 activity
  - ⇒ 5 things you can see
  - ⇒ 4 things you can feel
  - ⇒ 3 things you can hear
  - ⇒ 2 things you can smell
  - ⇒ 1 thing you can taste.
- Breathing exercise. Click this [link](#) to check out our breathing exercises on YouTube