

5 Steps to Wellbeing



The 5 Steps to Wellbeing

In early 2011, the Department of Health launched the Coalition Governments mental health outcomes strategy, **No Health without Mental Health**. This strategy gives considerable prominence to the idea that promoting positive mental health and wellbeing in the population is an important goal for society,

In response to this, the 5 Steps to Wellbeing resource was devised which identified 5 simple steps to help maintain and improve mental wellbeing.

This is now used widely as a resource within schools in Northern Ireland in the form of the 'High 5' newsletter developed by Primary Behaviour Support & Provisions within EA.



<https://send.eani.org.uk/high-five>

What are the 5?



Give

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward;
- giving you a feeling of purpose and self-worth;
- helping you connect with other people.

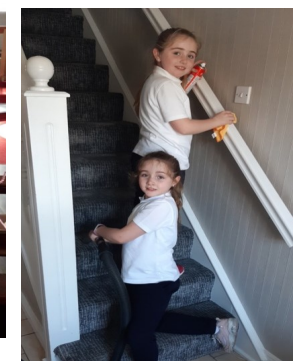
It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.



Give a hug



Giving God our prayers



Give a helping hand



Giving something back to our school



Giving to the community



Take Notice



Paying more attention to the present moment can improve your mental well-being. This includes your thoughts and feelings, your body and the world around you. Mindfulness can help us enjoy life more and understand ourselves better. You can take simple steps to develop it in your own life.

Notice the everyday. Notice the small things, like the birds singing in the trees. Use your senses to discover something new. A nature walk is a great idea for noticing new things in the environment.



Keep it regular. Reminding yourself to take notice is the first step to mindfulness. Pick a regular time during which you decide to take notice of the world around you.



Try something new Trying new things, like going somewhere new, can also help you notice the world in a new way.

Watch your thoughts. Lots of us find it difficult to control thoughts and worries. With practice though, it is possible to learn to observe rather than identify with the

content of thoughts and feelings.



Connect

Good relationships are important for you and your child's mental wellbeing. They can:

- help you build a sense of belonging and self-worth;
- give you an opportunity to share positive experiences and concerns
- provide emotional support, and allow you to support others.



There are lots of things you can try to help you connect with others.

- Make some time in your week to be with your family and/or friends e.g. visit a grandparent, an elderly neighbour etc
- Try switching off the TV or putting away your phone to talk to others. Think of someone you have not talked to for some time.

- Join a group about something that interests you, whether that's cars, cooking or crocheting.
- Check out the local community centre/youth club/sports club to see what group activities they offer.





Keep Learning

Research shows that learning new skills can also improve you and your child's mental wellbeing by:

- boosting self-confidence and raising self-esteem;
- helping you to build a sense of purpose;
- helping you to connect with others.

There are lots of different ways to bring learning into your life.



Learn a new game

Learn how to tie laces



Reading a book



A new sport

Bake something new



A new instrument



Be Active

One of the best things we can do for you and your child's mental health and wellbeing is to be active – it's a natural mood booster.

Our bodies release feel-good hormones (endorphins) when we're active that can reduce anxiety and stress, and help us sleep better. Get into a good habit.

