Practical Applications of the ‘5 Ways to Wellbeing’

Zoe Woodworth
HAPPINESS IS
...being married to your best friend.

HAPPINESS IS
...laughing with a toddler about something entirely nonsensical.

HAPPINESS IS
...a new haircut.

HAPPINESS IS
...carrying someone on your shoulders.

HAPPINESS IS
...lending someone a book you absolutely adored reading.

HAPPINESS IS
...a baby's smile.

HAPPINESS IS
...recovering from an epic meal.

HAPPINESS IS
...love through the generations.

HAPPINESS IS
...a Friday afternoon

HAPPINESS IS
...a spontaneous dinner with a dear friend.

HAPPINESS IS
...when people respect that you're not a morning person.

HAPPINESS IS
...hugs through the ages.

Source: www.lastlemon.com
5 Evidence Based Actions for Daily Wellbeing

- **Connect**
  - Talk & listen, be there, feel connected

- **Be Active**
  - Do what you can, enjoy what you do, move your mood

- **Take Notice**
  - Remember the simple things that give you joy

- **Keep Learning**
  - Embrace new experiences, see opportunities, surprise yourself

- **Give**
  - Your time, your words, your presence

5 Evidence Based Actions for Daily Wellbeing

By adopting the five ways to wellbeing, you can increase your life expectancy by 7.5 years.

With 1 in 4 people today experiencing distress within the course of a year, there’s never been a better time to take your health into your own hands.
Connect
Be Active
Keep Learning
Give
Practical Applications of ‘5 Ways To Wellbeing’

- Peer-led support groups
- ‘Friendship bench’
- Encourage after school leisure activities
  - Mixed ability working task groups
  - Promote positive relationships
    - ‘Buddying System’

- Encourage a range of activities through taster sessions
  (Finding something that we enjoy as we are more like to stick to it!)
- Have a team competition against other classes / tutor groups, emphasis on the TEAM WORK
- Link activities to mobility / group ability so everyone can join in. i.e a walking bus
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- Problem solving activities
- Activities that build cognitive flexibility
- Learn from previous challenges and mistakes
- Self researching tasks
- Up-cycling activities

- Creating a collage of people’s happy places
- Knowing when to have ‘time out’ in a chill out zone
- A random item and name as many ways that you can use it
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• Encourage volunteering opportunities to up skill
  • Smile to a stranger
  • ‘Random acts of kindness’

Other Ideas;
• Train Youth Health & Wellbeing Champions (peer support approach)
• The 5 Ways To Wellbeing Activities Circuit
• Set whole year / groups a challenge around one or all of the themes
• Self research tasks around the ways to wellbeing
Finding ways to build these into our and young people’s day help us be happier & healthier

Need more Ideas?
Action for Happiness
Mental Health and Well-being Policies for Schools & Colleges

Example Policy & Guidance

Presented By: Zoe Woodworth
Mental Health and Well-being Policies for Schools & Colleges

Example Policy & Guidance

Policy

• Is it relevant?
• Is it practical?
• Do people use it?
• Are staff named?
Teach & Train about it

- Teach pupils
- Train staff
- Parent workshops
Funded Mental Health Training & Book Club

We provide funded training and workshops on a range of mental health issues for pupils, parents and staff working with young people.

If you’d like us to support your school or organisation with INSET or workshops email: zoe.woodworth@cwmt.org.uk or visit: inourhands.com/cwmt for further information