



5 ways to...

wellbeing

CONNECT

Emotional health and wellbeing is about how you're feeling and how well you are able to deal with day-to-day challenges.

There are some simple steps that you can take in order to improve how you feel each day. They don't take up much time and they don't have to cost anything either.

They're known as the Five Ways to Wellbeing and they are: Take Notice, Connect, Keep Learning, Give to Others and Be Active.

Connect

Being around other people can help boost our mood and help us feel connected to the wider world.

Putting aside some time to develop relationships with friends, family, neighbours and colleagues can help you feel connected.

Being connected can mean many things to people. As well as meeting up with other people it could also be:

- Connecting with yourself and having a quiet moment alone
- Connecting with nature, animals and pets
- Connecting in a religious or spiritual sense

Here are a few ideas:

- Pick up the phone instead of sending an email
- Speak to someone new
- Arrange a face to face catch up with a friend
- Join a club or take up a social activity
- Give a colleague a lift to work or share the journey home with them
- Volunteer in the community or at a local charity shop
- Run an errand for a neighbour or friend

This week I am going to **Connect** by:



Befriending

You can find local information on befriending at www.derbyshire.gov.uk/befriending

Time Swap

Time Swap is scheme that encourages local communities to share their skills and talents. It's a good way to meet new people and make the most of your skills. Find out more at www.derbyshire.gov.uk/timeswap

Time Bank

Time Bank helps you to find volunteering opportunities in your area www.timebank.org.uk

Age Concern

Elder Friends is a befriending service aimed at people in Chesterfield and NE Derbyshire. Visit www.elderfriends.wordpress.com

Five Ways to Wellbeing.



Find out more about the Five Ways to Wellbeing at derbyshire.gov.uk/wellbeing