

## Five Ways to Wellbeing

### What are the Five Ways to Wellbeing?

The Five Ways to Wellbeing Framework was developed by the New Economics Foundation as a set of five evidence-based actions that promote wellbeing. Based on the latest scientific evidence, the Five ways to Wellbeing are simple things that we can all do to improve our emotional health and wellbeing:

- **Connect**
- **Be active**
- **Take notice**
- **Keep learning**
- **Give**

**Connect:** Spend time with family and friends. Enjoy doing things together and talking to each other. Use different ways to communicate.

**Be active:** It keeps you physically healthy, and makes you feel good. Go for a walk or a run. Cycle, dance or play a game. Try a new activity.

**Take notice:** Take a break to see how you feel. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Relax and look around you or listen to music, take a few deep breaths.

**Keep learning:** Try something new. Try a new hobby or learn about something just because it interests you. Learn a new word or a random fact.

**Give:** Do something nice for a somebody such as make them a drink. As well as making them feel good, it can make you feel good too!

