

Make Time and the Five Ways to Wellbeing

Make Time, Cheshire and Merseyside's mental wellbeing campaign, encourages us all to think about the everyday things we do, that help us to feel positive. The campaign also asks us to consider how we might fit more of the Five Ways to Wellbeing into our daily routines. Research has shown that people who regularly include the Five Ways to Wellbeing in their lives are more likely to feel good about themselves.

The simple, everyday actions which make up the Five Ways to Wellbeing, are explained below:

- **Connect** spend time with people who are important to you.
- **Be active** at a level that suits your mobility and fitness.
- **Take notice** be more aware of the world around you. Be curious.
- **Keep learning** try something new or different, start a new hobby.
- **Give** do something thoughtful for someone else, or volunteer your time.

Looking after your own wellbeing

Do you regularly make time for your own mental wellbeing? Have a go at answering the questions on the back of this sheet and see where you might fit more of the Five Ways to Wellbeing into your week.

Sharing on social media

To show how you've included the Five Ways to Wellbeing in your life, and to inspire others, you could post comments and pictures on Facebook and Twitter in response to the Make Time questions. (The questions are listed on the back of this sheet). You can tag your posts linked to the Make Time campaign with **#maketimewarrington**.

Tips for looking after your wellbeing

You can find out more about Make Time, the Five Ways to Wellbeing and other ways to look after your mental wellbeing on www.happyoksad.org.uk, Warrington's mental health awareness site.

1. Simply go to www.happyoksad.org.uk
2. Click on the blue "adults click here" button
3. Then click on the heading "looking after our mental wellbeing"

What more could you do to feel good?

Take a moment to think about the questions below and then write a response under each one.

When was the last time... *you laughed until you cried?*

Friendships and positive relationships can help us to feel good. The chances are that the last time you had a good laugh it was with family or friends. What was it that made you laugh? Who were you with? What were you doing?

When was the last time... *you got up and out?*

Being active can make you feel good and can help you to keep fit and healthy too. You don't have to run a marathon, or join a gym to be active, even gentle exercise can boost your wellbeing. When were you last active? Where did you go? What did you do?

When was the last time... *you noticed things around you?*

Too often we can spend time worrying about the past or the future. When did you last enjoy being in the present moment, and really notice what was going on around you? Where were you? What were you doing? How did you feel?

When was the last time... *you tried something new?*

It's never too late to try something different, or take on a new challenge. Learning a new skill can make you feel proud and give you a real sense of achievement. What new things have you tried recently? How did you feel afterwards?

When was the last time... *you made someone smile?*

Helping a friend or stranger could make their day. A simple act of kindness, like giving up your seat, or helping someone with a heavy bag, can make you feel good too. Think about the last time you helped someone else, what did you do? What was their response? How did you feel?

When you've written your answers above, think about how you could Make Time to do more of the things which make you feel good. When might you fit them into your week? And how might you feel if you did include more of the Five Ways to Wellbeing in your daily life?