



## SESSION 4

### 5 Ways to Wellbeing

The 'five ways to wellbeing' are about taking action and making conscious and deliberate choices to look after our wellbeing. The ideas that follow are simple, evidence-based actions that can help everyone. The important thing is what do they mean to you?

#### BE ACTIVE

### **Be Active** ...People who are active have improved mental health and wellbeing

Different people engage in different forms and different levels of activities. Being active is important for both our physical and mental health. Small changes in levels of activity can make a big difference. Just 10 minutes of physical activity has been shown to be beneficial for mental wellbeing.

We may need to consciously make an effort to be a little more active. Sometimes we may complain that we don't have enough time, or we are too busy to take on activities. The reality is we all get 24 hours in a day. It is up to us to be willing to make slight adjustments to our lifestyle or our daily routine thereby creating a bit more space to be more active. It all comes back to choice and how we set our personal priorities.

Sometimes it may feel as if we have been very active during the day as we feel exhausted and drained towards the later part of the day.

When we reflect back on the day, we may find that although our mind has been very active, we have not been that physically active. Mental fatigue can be overcome by keeping our physical health in good shape and the key to this is committing to some form of physical activity as part of our routine.

Think about things that you already do that you could make a little more active. Could you park your car a little further away when you go shopping? If you already walk somewhere, could you up your pace? Walking up and down the stairs is a great way of getting moving. Even just getting up and walking around every hour or so is a great way to start your body moving around.



**Be Active – What activities do I engage in on a regular basis? How would I like to develop this? Who can support me to be more active at home/work? What can we do together? Are there any minor adjustments I can make in my life that can help me be more active?(Remember, small changes can make a big difference)**