

5 Ways to Wellbeing

Time required: 30minutes



Key message:

We all know about eating 5 a day, so this activity introduces and promotes the idea of 5 Ways to Wellbeing.

Activity:

You will need 5 pieces of flip chart paper and pens.
Show the short film on 5 Ways to Wellbeing.

After the film, split the group into 5 teams – and give each team one of the areas of 5 Ways to Wellbeing to work on (note if you have too few ask individuals to think about the areas):

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

Ask them to:

- Consider what they already do to in this area of the 5 Ways to Wellbeing.
- Write this on the flip chart
- When each group has had a few minutes to chat, share with the group.
- Gain feedback and additional suggestions at each stage.

As a group discuss and consider

Ask and discuss what as a team you could all do to develop the 5 Ways to Wellbeing.
Examples - Share your supperware, fish and chips Friday, lunch in the park, Mindfulness session, share ideas on how to “chill” – be inspired by others ideas, lunchtime walk, catch up time.

At the start of the activity it should be made clear to participants

- they are not required to disclose personal information unless they choose to,
- their participation is voluntary but recommended and,
- the session will be respectful and confidential.

At the end of the session please treat materials as confidential and dispose them appropriately.
Make sure that colleagues are aware of ThinkWell, MindKind and Mental Health First Aid support.

