

5 Ways to Wellbeing

Be Active



Five

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Build physical activity into your daily routine, if possible. Exercising at home can be simple and there are options for most ages and abilities:

- cleaning your home
- dancing to music
- going up and down stairs
- seated exercises
- online exercise workouts that you can follow
- sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.

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Connect



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- Make plans to video chat with people or groups you'd normally see in person.
- You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.



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Keep Learning



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- Keep your brain occupied and challenged. Set aside time in your routine for this. Read books, magazines and articles. Listen to podcasts, watch films and do puzzles.
- Although high street library branches are closed, some libraries have apps you can use online. These allow you to borrow ebooks, audiobooks or magazines from home for free, if you're a library member.
- There are lots of apps that can help you learn things, such as a foreign language or other new skills.



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Take Notice



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- Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.
- Look at photos of your favourite places in nature. Use them as the background on your mobile phone or computer screen, or print and put them up on your walls.
- Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one, or open your front or back door and sit on the doorstep.

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Give



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- Write letters or emails to people you've been meaning to catch up with.
- Try having a clear out. You could sort through your possessions and put them away tidily, have a spring clean and put items to one side ready to donate when the charity shops are back open.
- Look out for one another, check in with others, in a safe way, and if anyone is struggling with their mental health and wellbeing, please contact us. We have an online self-referral form: www.rochdalemind.org.uk/refer and our Information Line is on 01706 752 338.

