

Five Ways to Wellbeing

Event toolkit for organisations and community groups

We all have mental health like we have physical health. Generally, we can take steps to make sure we are physically healthy, whether this is eating well or trying to move more. It is also very important to take steps to maintain our mental health.

There are simple steps we can take to look after our mental health, these are called the **Five Ways to Wellbeing**. By following these simple steps and making small changes people of all ages can feel happier, more positive and get the most from life.

Rotherham Council is working with NHS services in Rotherham to promote these five simple ways to enhance the mental health and wellbeing of people living and working in the town. The full campaign can be viewed on our website www.rotherham.gov.uk/health.

The Five ways to wellbeing steps are:

- 1. Be active** – Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Regular exercise is essential for slowing age-related cognitive decline and for promoting wellbeing. It is important that a person finds something which suits their mobility and level of fitness. This could be walking, dancing, running, cycling or gardening.
- 2. Connect** - Feeling close to and valued by other people is a fundamental human need contributing to a sense of wellbeing. People who are connected with family, friends or people living in their community are happier, physically healthier, live longer and generally have fewer mental health problems. Connecting with others could be joining a group, helping a friend, family member or colleague or volunteering.
- 3. Give** - Individuals who report a greater interest in helping others are more likely to rate themselves as happy. It has been proved that people who commit an act of kindness once a week over a six-week period report an improvement in their wellbeing. Giving could be smiling at someone and saying thank you. It could be volunteering within the local community or doing something nice for a colleague/ friend.
- 4. Keep Learning** – People should never stop learning. Learning throughout life enhances self-esteem, increases confidence, encourages social interaction and generally leads to people having a more active life. This could be trying something new or learning a new skill like cooking, playing an instrument, fixing a bike, photography or painting.
- 5. Take notice** – Life can be very busy with little time to stop and reflect. Reminding people to ‘take notice’ can strengthen and broaden awareness. Studies have shown that when people are aware of what is taking place in the present it directly enhances well-being. People worry less about the future and what has happened in the past and can see what really matters, allowing them to make positive choices. Stopping and observing, spending with friends or family, enjoying nature or taking a different route home from work/ the shops noticing what is different, are all ways to take notice.



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We want as many people as possible in Rotherham to recognise the value of and benefit from looking after their mental health and wellbeing. By encouraging them to take these simple steps people will be able to enjoy a happier and more fulfilled life.

Many of our partners are already running events that help to improve people's mental health and wellbeing and we have produced some handy new materials to help you promote these events. If you haven't got anything planned but fancy holding an event, our new materials should make the promotion a bit easier.

Visit our website to see the materials we have on offer including:

Posters

Weekly activity planner

Online film

Social media images

Template press release

PowerPoint presentation about the campaign

The Five Ways campaign is all about being inclusive and welcoming. Using the branded materials is a way that all groups and organisations across Rotherham can sign up and promote the message.

Our website (www.rotherham.gov.uk) includes details of what support is available if you are worried about anyone's mental health.

Thank you for supporting the five ways campaign and we look forward to hearing about your planned activities. We'll be using the hashtag #5WaysRoth on our social media channels so please add this to your content and we'll retweet and share as much as we can.

