



East Berkshire: Ascot, Bracknell, Maidenhead, Windsor, Slough (Updated Jan 2023)

During times of uncertainty it's even more important to look after our wellbeing. The Five Ways to Wellbeing are five simple actions you can do every day to help you feel healthier, happier and more positive.

Here are some ideas to help you use the Five Ways to boost your wellbeing. These are just some suggestions to get you going – once you've done a few of these, you could try creating your own list and swapping ideas with your friends.

Connect

Connecting with people can make you and others feel special

- Get in touch with a relative who lives alone. This could be by phone or you could even sit down for a meal.
- Join a club or group.
- Put up extra pictures of the people you care about as a reminder of the important people in your life.
- Watch the weekly round-up of upbeat stories in the BBC's [Happy News](#).
- Spend time with family and friends. Enjoy doing things together and talking to each other. Play a board game or cards with those that you live with.

Be active

Getting active is good for your mental and physical health

- There are plenty of things you can do to be active, both indoors and outside in the garden. You could try shadow boxing, it's a great cardio workout with no need for specialist equipment! See [this video](#) for a demo or you could learn yoga. Yoga can be done anywhere and is a great way to be active. If you have never tried yoga, see [yoga for beginners](#) and give it a go!
- Create a favourite music playlist and dance for 30 minutes every day.
- Take a look at these ideas from [Sport England](#) on how everyone can remain active at home or away from home.
- Take up running. If you're just starting, try the [One You Couch to 5K](#) app by Public Health England.



Always follow [government advice on COVID-19 social distancing](#)



Take notice

Really take notice of your own feelings and of the things and people around you

- Reflect on the positives – keep a gratitude journal in which you write down three things you feel thankful for every day.
- Start writing a diary. Write about what you've done each day, how you're feeling, what's going on, who you've connected with.... Basically, anything at all that is important to you!
- Think about who inspires you and why. If you want to, you could write them a note to let them know.
- Create some calm – try out some of [Childline's](#) breathing exercises, activities, games and videos to help you let go of stress.
- Write wellbeing quotes on pieces of paper and place them around your bedroom.

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Online safety – Visit www.saferinternet.org.uk and www.thinkuknow.co.uk for more information on staying safe online.



Keep learning

Learning isn't just for school – study something new or try something different

- Learn about how to stay safe when you're on your phone, tablet or computer with this advice from [Thinkuknow](#).
- Take a virtual tour of the [British Museum](#).
- Learn to cook a new, healthy [recipe](#) with your family.
- Learn a new word every day and see how often you can use it!
- Search on [Spotify](#) for famous speeches, poetry, short stories, myths and legends, lectures or language lesson playlists.
- Learn a new language in a fun way with [Duolingo](#).
- [BBC Bitesize](#) has some great learning resources.

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Give

Giving makes everyone feel special – give someone your time or just say thanks

- Donate your time to do something for someone else – this could be a family member or a neighbour.
- Say thank you to someone who has helped you. For example have a look at the [Thank a Teacher Campaign](#).
- Offer to help with chores around the house.
- Is your friend struggling with something? Lend your ear and then help them take action.
- Go to a charity shop and donate something you don't use. Others can put your unwanted items to good use.
- Compliments are a great way to help your wellbeing as well as others. Tell somebody they look good today or remind them of what they are good at.
- Bake some cakes and share them.

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 **achieving**
for children

