

ASD Family Help

Registered Charity No. 1135718

5 Ways to Wellbeing

It's important that we all give ourselves a gentle nudge to look after our wellbeing, so that we stay fit, well and feel we are in a good frame of mind

Below are the 5 Ways of wellbeing for you to try and build into your daily life.

- 1 Connect** – Try and connect with your family and friends, or people who are around you. A brief conversation, to picking up the phone rather than texting can really help. Connect with your pets, garden, books or your faith. Building on these connections can enrich your life. However, remember at times we all also need time to connect with ourselves to enable us to unwind and relax.
- 2 Be Active** - Exercise can make you feel good. Go for a walk, run or bike ride. Play games in your garden, or dance around your house! Find the activity that suits you best, your fitness and mobility. Just 10 minutes physical activity a day has shown to be beneficial to your mental health and wellbeing.
- 3 Keep Learning** – They often say we can never stop learning. Try something new today, pick up a new book, ask a friend to tell you something that you never knew about them. Learn how to cook a new dish, or language for when you next go on holiday. Sign up for a course or how to mend something. Learning can boost your skills, knowledge and confidence and can also be fun.
- 4 Notice** – Stop and notice what is happening around you, what can you see, hear, smell? What does it taste like or feel when you touch something. Notice people around you and how they look and feel, notice how you are feeling and what really matters to you. When you next go for a walk look up, stop and take a moment to really notice everything. Mindfulness can really help here as well.
- 5 Give** – Give a smile, a compliment or thank someone. This can really lift your mood and the other people around you. Give a prayer or silent wish. Volunteer your time or support to a family member or friend. Every relationship is one of give and take. The more we give the more we receive. Giving is associated with mental wellbeing. Give yourself the gift of connecting, of being active, of noticing, lastly give thanks to what ever good thing that is happening in your life even if it is small.

Make a pledge to do something positive for your own wellbeing. Even small things can enhance your wellbeing, whether it's getting out and about, doing a good deed, or learning to do something new. Trying these things could help you feel more positive and able to get the most out of life.