

Five Ways to Wellbeing Workshop

The Five Ways to Wellbeing are a set of evidence-based public mental health messages and invitations to action aimed at improving people's mental health and wellbeing. They are:

CONNECT ~ BE ACTIVE ~ TAKE NOTICE ~ LEARN ~ GIVE

These actions can be simple and achievable activities that individuals can include in their everyday lives and that if practised regularly can improve our sense of feeling good and functioning well.

The Five Ways to Wellbeing were developed by the New Economics Foundation (NEF) from evidence gathered in the UK government's Foresight Project on Mental Capital and Wellbeing. The project published in 2008, drew on state-of-the-art research about mental capital and mental wellbeing through life. It asked NEF to develop the Five Ways to Wellbeing to communicate its key findings.

The Five Ways to Wellbeing have been used by health organisations, schools and community projects across the UK and around the world to help people take action to improve their wellbeing. They have been applied in lots of different ways, for example to get people to start thinking about wellbeing, to develop organisational strategy, to measure impact, to assess need, for staff development, and to help people to incorporate more wellbeing-promoting activities into their lives.

More than ever, we need to take care of our physical and mental health. Evidence suggests that we can gain real benefit from considering these 5 steps as a balanced and holistic way to enhance all aspects of our wellbeing.

In this workshop we will:

- Take a fun and creative look at each step, exploring the significance and wide-reaching possibilities of each category
- Explore and share some of the things we already do and/or might like to do in each category
- Build up a realistic and practical personalised toolbox for a wellbeing action plan
- Focus on how we can build up our emotional resilience and sustain our spirits through challenging situations and experiences.

Open Access Dates

This course is available to book individual places on the following dates:

Next course dates to be announced

About

Length: 90 minutes (delivered in-person)

Number of learners: Max 16

Price: £30 per person

Organisation Price (minimum of 8, maximum of 16 learners): £200.00

In person (face-to-face) training includes course materials and resources for you to take away with you.