

The 5 Ways to Wellbeing

Evidence says there are 5 ways to look after your mind...

Connect

Be Active

Take Notice

Keep Learning

Give

Good mental wellbeing doesn't mean that you will never experience situations you find difficult. But it does mean that you might have resilience to cope when things get tough...

Connect

Connect - Stay in touch with friends and family via telephone, video or social media; be there for others, build strong meaningful relationships. Remember, it's OK not to be OK and ask for help.

Be Active

Be Active – Fit in some regular physical activity whether that's going for a walk, yoga or the gym. Do some activity that makes you feel good and relieves stress.

Take Notice

Take Notice - Sometimes we are just too busy to notice and be mindful of our surroundings; take a break, relax and appreciate the world around you and appreciate yourself! 😊

Give

Give – working in the care sector requires vast amount of kindness. Take a step back and appreciate yourself for the work you are doing; caring for those in need.

Keep Learning

Keep Learning – be curious and seek out new experiences. Find something you enjoy. Take the time to ask questions and learn from your residents and colleagues.