

Five Ways to Wellbeing

Connect

Try to do something different today and make a connection.

Talk to someone instead of sending an email

Speak to someone new

Ask how someone's weekend was and really listen when they tell you

Put five minutes aside to find out how someone really is

Give a colleague a lift to work or share the journey home with them.

Be active

Exercise is essential for promoting well-being.

But it doesn't need to be particularly intense for you to feel good –

Take the stairs not the lift

Go for a walk at lunchtime

Walk into work - perhaps with a colleague – so you can 'connect' as well

Get off the bus one stop earlier than usual and walk the final part of your journey to work

Organise a work sporting activity

Have a kick-about in a local park

Do some 'easy exercise', like stretching, before you leave for work in the morning

Walk to someone's desk instead of calling or emailing.

Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Get a plant for your workspace

Have a 'clear the clutter' day

Take notice of how your colleagues are feeling or acting

Take a different route on your journey to or from work

Visit a new place for lunch.

Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Find out something about your colleagues

Sign up for a class

Read the news or a book

Set up a book club

Do a crossword or Sudoku

Research something you've always wondered about

Learn a new word – and use it!

Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research.

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Charity Tips on The Five Ways to Wellbeing:

CONNECT – look at volunteering opportunities that are available at The Charity for Civil Servants

BE ACTIVE – Take part in our Walking Challenge each May

TAKE NOTICE – Is there a colleague who might benefit from support from The Charity?

LEARN – Look at our website to find out more about who we are and how we help

GIVE – Organise a event for the charity – Get Yellow week or other fundraising events throughout the year.