



May
2026

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Wellbeing

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Wellbeing Journal

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The Grampian Wellbeing Festival is an annual event which brings together communities through activities that promote and support good mental health and wellbeing.



Promoting positive mental wellbeing in Grampian

Welcome to the Grampian Wellbeing Festival!

We are delighted to invite you to join the Grampian Wellbeing Festival, a month long festival during May, dedicated to enhancing your overall wellbeing. This festival is designed to provide you with a holistic approach to health and happiness, offering a variety of activities, workshops, and experiences.

At the heart of our festival are the 5 Ways of Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. These principles are scientifically proven to improve mental health and wellbeing. Throughout the festival, you will have the opportunity to practice activities that embody these principles, helping you to build a balanced and fulfilling life.

To support your journey, we have created this Wellbeing Journal to act as a tool on your wellbeing journey. This journal is filled with practical exercises, tips, and reflections that align with the 5 Ways of Wellbeing. It is designed to help you integrate these principles into your daily life, providing you with the tools to manage stress, improve your physical health, and cultivate a positive mindset.



What to do next:

- On the next few pages you will read about the 5 ways of wellbeing and we would encourage you to score yourself on each of the ways based on how often you practice each of those ways. Once you have your scores, write them down and take time to reflect on these. Going forward into May you may choose to look at the areas that are scoring low as a focus for the month or you may want to increase each score by doing a wee bit of everything. The choice is yours.
- You can then read through the [programme of events](#) to see if there is anything you want to book on to. We suggest booking your space early. You can also look at some of the ideas we have generated for you (included in this booklet) to incorporate into your day for the days you don't have a booked activity.
- You can start planning your month out using our planner and off you go on your month of inspiration, connection, and transformation. Feel free to share your journey on social media and tag [Grampian Wellbeing Festival](#) on Facebook – we really want to support you on your journey to better wellbeing.
- At the end of the month we would ask you to score yourself again to see how you have improved on your wellbeing journey. If you want to share how your score has changed please feel free to email grampianwellbeingfestival@aberdeencity.gov.uk
- This is not the end – we have included some additional resources to help you throughout the year so you can continue to improve your wellbeing.

We hope you find this planner useful and enjoy improving your wellbeing.

Best Wishes

Grampian Wellbeing Festival Team



Connect

Connect - Being around other people can help boost our mood and help us feel connected to the wider world.

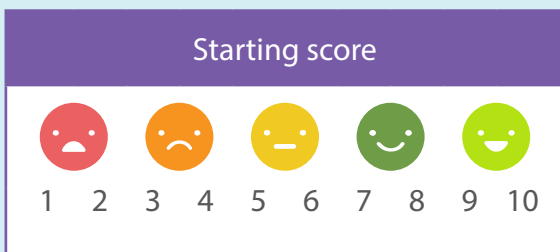
Putting aside some time to develop relationships with colleagues, friends, family, and neighbours can help you feel connected.

Being connected can mean many things to people.

As well as meeting up with other people it could also be:

- Connecting with yourself and having a quiet moment alone.
- Connecting with nature, animals and pets.
- Connecting in a religious or spiritual sense.

Please score yourself on each of the areas of wellbeing from **1** to **10** (1 is I don't practice this, I don't feel good about this, **10** is I do this everyday, I feel I am achieving this to the best of my ability).



Here are some ideas to apply the **5 ways of wellbeing**, whether it is 15 minutes or an hour or more.



Enjoy connecting with nature at your nearest garden or outdoor space.

Pick up the phone instead of sending a text or email to someone.

Speak to someone new.

Say something kind.

Take a quiet moment alone to breathe, reflect, or simply pause.



Give a colleague or friend a lift to/from work/gym/class or share the journey home with them.

Have a relaxed catch up with someone important to you.

Take a mindful nature walk with someone.

Host a small group discussion on a wellbeing topic.

Try a joint activity like cooking, baking, or a shared hobby.



Join a club or take up a social activity.

Sign up to some befriending opportunities.

Do an activity from the Wellbeing Festival Programme with someone.

Host a relaxed coffee and conversation hour.

Volunteer or do a shared act of kindness.

For further inspiration you can use this Action for Happiness calander. Released monthly, you could follow the calander for the rest of the year - www.actionforhappiness.org



Be Active



Do some stretches in the morning.

Take the stairs instead of the lift.

Put on your favourite song and dance around the house.

TV/Ad Break Workout: During commercials, do jumping jacks, wall sits, or calf raises.



Go for a walk at lunchtime.

Do a short home or workplace exercise session.

Housework Hustle: Put on music and do chores with high energy (vacuuming, scrubbing) to boost activity.

Go for a short cycle or swim.

Do a 30 minute blast of decluttering.



Try some online exercise videos from YouTube – chair exercises are also available.

Take up Yoga, Pilates or Tai Chi.

Download the Couch to 5k app and start your running journey.

Join a walking group.

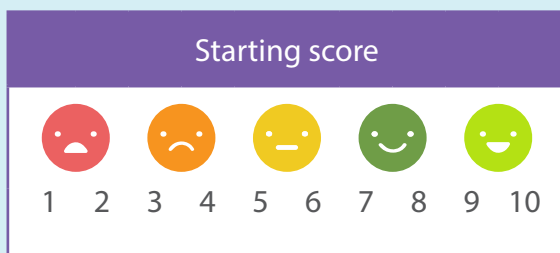
Dust off your bike and enjoy the cities bike routes.

Be Active – Evidence shows that improvements in your physical health can help improve your mental health.

Try to find an activity that you enjoy such as walking, swimming, cycling or dancing.

It could be something as simple as getting off the bus one stop earlier, using the stairs instead of the lift or kicking a ball around with colleagues, friends, or family.

Please score yourself on each of the areas of wellbeing from **1** to **10** (**1** is I don't practice this, I don't feel good about this, **10** is I do this everyday, I feel I am achieving this to the best of my ability).



Here are some ideas to apply the **5 ways of wellbeing**, whether it is 15 minutes or an hour or more.

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Take Notice

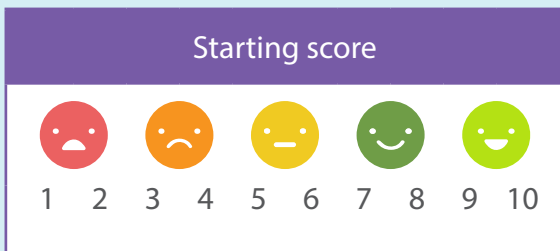
Take notice – Taking notice is about making time to appreciate the world around us.

Being aware of the present moment and your own feelings and thoughts, can help you to positively change how you're feeling about life.

This is also known as mindfulness and it can really help you to be calm and more able to deal with what life might throw at you.

It can be as simple as taking five minutes out of your day to appreciate something new or noticing the seasons changing.

Please score yourself on each of the areas of wellbeing from **1** to **10** (1 is I don't practice this, I don't feel good about this, **10** is I do this everyday, I feel I am achieving this to the best of my ability).



Here are some ideas to apply the **5 ways of wellbeing**, whether it is 15 minutes or an hour or more.



Practice some breathing exercises.

Do some doodling or colouring.

Ask someone how they are feeling and really listen to what they say.

Pause and notice something new around you.

Write down three things you appreciate today.



Get creative and take some photos of the world around you. Focus on capturing what's in front of you.

Listen to a new piece of music and think about how it makes you feel.

If the weather is nice, sit outside for lunch.
Take notice of beautiful and unusual things.

Try meditation.



Explore your local neighbourhood.

Have a 'clear the clutter' day.

Take a different route on your journey to or from work.

Do a digital detox moment (switch that phone off for an hour and don't look at it).

Check out a new app that helps you keep well e.g. Sleepio.

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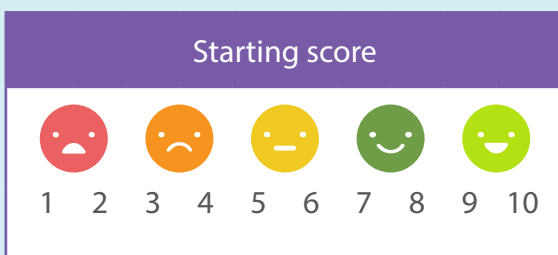
Keep Learning

Keep learning – Learning new skills can boost confidence and give you a sense of achievement.

This doesn't have to be in a formal classroom setting or be about getting a qualification or grade.

It could be anything from picking up a book, doing a crossword or researching something you're curious about.

Please score yourself on each of the areas of wellbeing from **1** to **10** (1 is I don't practice this, I don't feel good about this, **10** is I do this everyday, I feel I am achieving this to the best of my ability).



Here are some ideas to apply the **5 ways of wellbeing**, whether it is 15 minutes or an hour or more.



- Sign up to your workplace discount sites and explore the discounts you can get.
- Explore training opportunities online/work place or evening classes that interests you.
- Start or join a book club, discussion group, or shared learning activity.
- Practice a creative skill (drawing, crafting, cooking, or a new hobby).
- Learn to cook a favourite dish that you've never eaten at home.



- Learn a new language, or try learning something practical, such as car maintenance or DIY.
- Take on a new responsibility at work, such being a wellbeing champion or green champion.
- Carry out those repairs that you might have been putting off – maybe fix that broken bike or cupboard.
- Rediscover an old hobby; it could be making model aeroplanes, writing stories, sewing or knitting.
- Visit a gallery or museum and learn about a person or period in history that interests you.

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Give

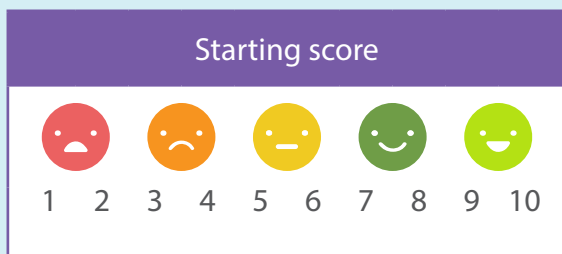
Give – Helping others, saying thank you, or just giving someone a smile can help to improve your self-esteem and your emotional health.

Research shows that carrying out acts of kindness can increase your feeling of personal wellbeing and happiness.

Giving to others and co-operating with them can stimulate the reward areas in the brain, creating positive feelings. Helping and working with others can also give us a sense of purpose and feelings of self-worth.

Giving can take lots of different forms, from small everyday acts to larger longer term commitments.

Please score yourself on each of the areas of wellbeing from **1** to **10** (1 is I don't practice this, I don't feel good about this, **10** is I do this everyday, I feel I am achieving this to the best of my ability).



Here are some ideas to apply the **5 ways of wellbeing**, whether it is 15 minutes or an hour or more.



Compliment someone.

Say thank you to someone, for something they've done for you.

Grab a coffee with someone.

Ask someone how they are and really listen to the answer.

Offer to lend a hand if you see a stranger struggling (i.e. with a pushchair/bags etc).



Run an errand for a neighbour or friend.

Phone a relative or friend who needs support or company.

Write thank you messages or appreciation notes.

Perform small acts of kindness - intentionally and uninterrupted.



Volunteer in the community or at a local charity shop.

Volunteer in your local community, such as helping out at a local school, hospital or care home.

Sign up to a mentoring project, in which you give time and support to someone who will benefit from it.

Offer to help a relative with DIY or a colleague with a work project.

Arrange a day out for you and a friend or relative.

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My Wellbeing Commitment

I, (your name), commit to prioritising my wellbeing by actively engaging in the **5 Ways of Wellbeing**: Connect, Be Active, Take Notice, Keep Learning, and Give. I will use the tools and strategies provided in this workbook to integrate these principles into my daily life. I understand that my wellbeing is a journey, and I am dedicated to making positive changes that will enhance my mental, physical, and emotional health.

I pledge to:

Connect	Build and maintain meaningful relationships with family, friends, and colleagues.
Be Active	Incorporate physical activity into my routine to boost my energy and improve my health.
Take Notice	Be mindful of the present moment and appreciate the world around me.
Keep Learning	Seek out new experiences and opportunities for personal growth.
Give	Offer my time, skills, and support to others, fostering a sense of community and purpose.

By committing to these actions, I am taking a proactive step towards a happier, healthier, and more fulfilling life.	
Signature:	Date:

During May I want to focus on:	I need to book:
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My Wellbeing Planner

In the boxes below, write down what actions or activity you intend on doing to support your wellbeing.

Connect		Being connected can mean many things to people. As well as meeting up with other people it could also be:		
Starting Score:	Ending Score:	<ul style="list-style-type: none"> • Connecting with yourself and having a quiet moment alone. • Connecting with nature, animals and pets. • Connecting in a religious or spiritual sense. 		
5-15 minutes:		30 minutes:	1 hour +:	

Be Active		Try to find an activity that you enjoy such as walking, swimming, cycling or dancing. It could be something as simple as getting off the bus one stop earlier, using the stairs instead of the lift or kicking a ball around with colleagues, friends, or family.		
Starting Score:	Ending Score:			
5-15 minutes:		30 minutes:	1 hour +:	

Take Notice		Being aware of the present moment and your own feelings and thoughts, can help you to positively change how you're feeling about life. This can be as simple as taking five minutes out of your day to appreciate something new or noticing something as simple and beautiful as the seasons changing..		
Starting Score:	Ending Score:			
5-15 minutes:		30 minutes:	1 hour +:	

My Wellbeing Planner

In the boxes below, write down what actions or activity you intend on doing to support your wellbeing.

Keep Learning		<p>Learning new skills can boost confidence and give you a sense of achievement.</p> <p>This doesn't have to be in a formal classroom setting or be about getting a qualification or grade.</p> <p>It could be anything from picking up a book, doing a crossword or researching something you're curious about.</p>		
Starting Score:	Ending Score:			
5-15 minutes:		30 minutes:	1 hour +:	

Give		<p>Helping others, saying thank you, or just giving someone a smile can help to improve your self-esteem and your emotional health.</p> <p>Research shows that carrying out acts of kindness can increase your feeling of personal wellbeing and happiness.</p>		
Starting Score:	Ending Score:			
5-15 minutes:		30 minutes:	1 hour +:	

End of the Month Reflection

As we come to the end of the month, it's important to take a moment to reflect on our journey and the progress we've made. This reflection is an opportunity to celebrate our achievements, acknowledge our challenges, and set intentions for the future.

Reflect on your score

Go back and rescore yourself on the **5 ways of wellbeing**. Has your score improved? Can you see areas where you want to focus more? Were some areas easier to achieve than others?



Connect	Start of month score:		End of month Score:	
Be Active	Start of month score:		End of month Score:	
Take Notice	Start of month score:		End of month Score:	
Keep Learning	Start of month score:		End of month Score:	
Give	Start of month score:		End of month Score:	

We would love to know how you got on and if you want to share that with us please share on our Facebook page or email Grampianwellbeingfestival@aberdeencity.gov.uk

Reflect on your achievements

Take some time to think about the goals you set at the beginning of the month. What have you accomplished? Celebrate these successes, no matter how small they may seem. Recognising your achievements helps to build confidence and motivation for the future.

Acknowledge your challenges

Reflect on the obstacles you faced this month. What were the challenges that stood in your way? Acknowledging these difficulties is an important step in understanding how to overcome them in the future. Remember, every challenge is an opportunity for growth and learning.

Set intentions for the future

Based on your reflections, set new intentions for the coming month. What do you want to achieve? How can you continue to improve your wellbeing? Use the insights gained from this reflection to guide your actions and decisions moving forward.

Gratitude and positivity

End your reflection with a moment of gratitude. What are you thankful for this month? Focusing on the positive aspects of your life can help to cultivate a sense of contentment and happiness.

Thank you so much for taking part in Grampian Wellbeing Festival. For more information or to share feedback, contact: grampianwellbeingfestival@aberdeencity.gov.uk

Further Resources

To continue your journey of wellbeing, please go through the programme again and identify any organisations that interest you so you can follow up with them.

Below you will find a list of tools and information to support continued promotion for managing wellbeing and promoting actions for applying **5 ways of wellbeing** into everyday life.

Your 'Appy' Place

NHS Scotland promotes several free, evidence-based apps for wellbeing. These tools support stress management, resilience, and mental health, often accessible via the National Wellbeing Hub.

Mental Health and Anxiety

- Daylight: Daylight is a self-referral online programme to help with anxiety. It is based on CBT principles and has a strong RCT evidence base. It is a structured programme, available instantly, and can be accessed 24/7 including for use when people are struggling.
- Sleepio: Sleepio is a free, evidence-based, digital Cognitive Behavioural Therapy (CBT) programme for insomnia and poor sleep, available to all residents in Scotland through NHS Scotland. It helps users fall asleep faster and reduce nightly waking through a 6-week programme, accessible via web or app.
- SilverCloud: Structured CBT programmes for anxiety, depression, and stress (use code: Wellhubscot).
- Feeling Good: Audio programme combining relaxation and sports coaching for a positive mindset.
- WellMind: Helps with stress, anxiety, and depression.
- Mind yer Mind: Aberdeenshire Community Planning Partnership's Mind yer Mind campaign encourages the people of Aberdeenshire to look after their mental wellbeing. Mind yer Mind is based on the 5 Ways to Wellbeing and offers easy-to-digest advice, as well as a list of resources and places across Aberdeenshire, that can help you to look after your mental wellbeing. See link for more information. www.ouraberdeenshire.org.uk/mind-yer-mind/

Mindfulness and Resilience

- Headspace: Guided meditation for mindfulness.
- Equoo: A game designed to build resilience and tackle anxiety.
- Buddhify: App focused on mindfulness on-the-go.
- Calm Harm: Helps manage the urge to self-harm.
- Bluelce: Designed for young people to manage difficult emotions.
- SafeSpot: Coping strategies for young people.
- Combined Minds: Supports young people with mental health.
- MeeTwo: A safe forum to promote to any teenagers who may be part of the workforce or any parents/carers looking for support options for their children.

General Health and Physical Wellbeing:

- NHS 24 Online: For symptom assessment and finding local services.
- NHS 24 MSK Help app: Support for musculoskeletal issues.
- NHS Food Scanner: For finding healthier food options.
- NHS Weight Loss Plan: A 12-week weight management programme.
- MyCare.scot: Digital access to health and social care information.
- We Care: (Wellbeing support for health and social care staff).

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