



May
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GRAMPIAN

Wellbeing

festival

5 Ways of Wellbeing Planner



Connect

5 Ways of Wellbeing Planner

Steps towards taking action for your wellbeing doesn't have to take up long periods of time. The Wellbeing Planner can be utilised by staff to support their own journey following the 5 Ways of Wellbeing. The Planner provides some simple examples of activity whether someone has 5-15 minutes free, or up to 1 hour to dedicate to improving their wellbeing. This list isn't exhaustive, but provides some inspiration to start their wellbeing journey.

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.



- Enjoy connecting with nature at your nearest garden or outdoor space.
- Pick up the phone instead of sending an email to someone.
- Speak to someone new.



- Give a colleague a lift to work or share the journey home with them.
- Sit and have lunch with a colleague.



- Arrange a face to face catch up with friends.
- Join a club or take up a social activity.
- Sign up to some befriending/mentoring opportunities.
- Join a singing group.



Be Active

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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.



- Do some stretches ([5 Minute Chair Yoga](#) [Stretch for Beginners - Quick and Easy Follow Along Routine](#)).
- Walk to someone's desk instead of calling or emailing.
- Put on your favourite song and dance like no one is watching.



- Go for a short lunch time walk.
- Utilise a workplace gym.
- Do some stretches.



- Take up Yoga, Pilates or Tai Chi.
- Download the Couch to 5k app and start your running journey.
- Join a walking group.
- House work is a good calorie burner get some hoovering done or move that room around.
- Dust off your bike and enjoy the cities bike routes.



Take notice

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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.



- Practice some breathing exercises (link to apps/ Facebook pages).
- Do some doodling or colouring.
- Ask someone how they are feeling and really listen to what they say.
- Be curious.



- 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.
- Head outside and enjoy your lunch alfresco.
- Take notice of beautiful and unusual things that surround you.



- Explore your local neighbourhood.
- Have a 'clear the clutter' day.
- Notice when the seasons change.
- Check out a new app that helps you keep well for example Sleepio, food scanner.



Keep Learning

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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.



- Read a chapter of a book.
- Listen to an audio book ([link to library service](#)).
- Start a crossword or puzzle.



- Sign up to your workplace staff discounts scheme (if they have it) to learn more about what's on offer.
- Tick off some mandatory learning and complete an online course, or training module that might be due.



- Learn a new language, or try learning something practical, such as car maintenance or DIY.
- Take on a new responsibility at work, such as being a wellbeing champion or green champion.
- Learn to cook a new meal that you fancy.

Give

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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.



- Compliment someone.
- Say thank you to someone, for something they've done for you.
- Grab a coffee/tea/water with someone.
- Ask someone how they are and really listen to the answer.
- Offer to lend a hand if you have a colleague that needs help.



- Organise a lunch time activity for your colleagues i.e. a book club, walks, knit and natter.
- Phone a colleague or friend who might need support or company.



- Volunteer in the community or at a local charity shop. Volunteer opportunities can be found here - <https://acvo.org.uk/volunteering/>
- Volunteer in your local community, such as helping out at a local school, hospital or care home.
- Arrange a day out for you and a friend or relative.
- Sign up to Grampian credit union to help you save and support communities.

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 +: