

Five Ways to Wellbeing:

We are told to eat 5 fruit or vegetables each day, this works a similar way!



The Magic five:



- Talk to a friend on the phone
 - Talk to a staff member
- Check your phone numbers of family and friends is up to date.



- Do some cleaning round the house/your home
 - Dance to some music
- Walk up and down the stairs twice
 - Do some seated exercises



- Look at your mindful jar/ create one
- Try belly breathing (see handout)
- Use the five senses (see handout)



- Try something new
- Do a puzzle you haven't done before
 - Read a book
- Learn a new skills e.g. baking or practice something you want to get better at



- Do a chore around the house
- Say 'Thank you' to a staff member
- Ask someone how their day is going