

FIVE WAYS TO

WELLBEING

WHILST SELF ISOLATING

Research by the New Economics Foundation shows that small improvements in wellbeing can help us to thrive. Here at The Thrive Team we've put together some thoughts about how you can support your wellbeing and put those small improvements into action whilst self isolating.

STAY CONNECTED

being connected to other humans is so important for our wellbeing



- Strengthen existing relationships; it's a good time to catch up on old relationships
- Talk to someone new
- Have a skype call with family overseas
- Check in on neighbours
- Buddy up with someone at work for regular phone or online check ins throughout the day/week

KEEP LEARNING

The brain is a muscle and needs exercising as much as our body



- Be curious and seek out new experiences
- Set yourself challenges that look to stimulate your brain
- Try something new
- Read a different genre of book
- Set up an online book club with friends or colleagues
- Rediscover an old hobby or take up a new one
- Sign up for free online training e.g [FutureLearn](#), [OpenLearn](#).
- Watch a [Tedtalk](#) or educational video on [YouTube](#)
- Do a crossword or sudoku
- Learn a new word each day, or even try learning a new language for free e.g. [Duolingo](#).

BE ACTIVE

Physical activity is closely linked to our mental health



- Find ways to stay active - use the stairs, make a regular appointment to move from your screen, walk round the garden if you have one.
- Remember the 40:20 rule: 40 minutes sitting, 10 minutes standing, 10 minutes stretching/moving.
- Follow an online exercise class, perhaps your local gym is offering these

GIVE

When we give to others it makes us feel good



- Carry out random acts of kindness/pay it forward
- Get involved in supporting your local community (even if it's online)
- Keeping in touch will help - be someone's ear to listen to them
- Send an email of appreciation to a colleague or text to a friend
- Exchange skills (online) with others for mutual benefit
- If you have a gift to buy consider purchasing a gift voucher from a local supplier (it'll help the local economy and the gift will be well appreciated)

TAKE NOTICE

Paying attention to the present moment improves your mental wellbeing



- Make a conscious effort to use your 5 senses - notice smells, sounds, feel, what you see and taste
- Take time to 'clear your clutter'
- Notice your plants and how they grow
- Take up/practice mindfulness (Headspace or Insight Timer apps may help).
- Take notice of nature, the sunrise, sunset, moon, stars, trees.
- Practice gratitude - at the beginning and end of each day think of at least one thing you are grateful for - your beating heart is a great start!