

Five Ways to Well-Being
Mental Health Week 2020



Mental Health Week is May 4th to 10th, 2020. NCDSB is committed to promoting the **Five Ways to Well-Being** that supports people to live a happy and fulfilling life and feel engaged in their community.

Five Ways to Well-Being is a set of five simple, evidence-based actions that can improve well-being in everyday life. Each weekday of Mental Health, we will promote one of the five actions. Join us in celebrating mental health and wellbeing by incorporating these actions into your life.

The *Five Ways to Well-Being* are:

1. **Connect:** Talk and listen. Be there. Feel Connected.
2. **Take Notice:** Appreciate the simple things that give you joy.
3. **Be Active:** Move your mood. Do what you can. Enjoy what you do.
4. **Keep Learning:** Embrace new experiences. See opportunities. Surprise yourself.
5. **Give:** Your time. Your words. Your presence.

Our mental well-being is influenced by many aspects of our lives, such as our connection to people, activity level, eating habits and sleep schedule. Everyone can benefit from understanding actions we can take to help improve mental health and resiliency through the **Five Ways to Well-Being**.

See below for personal and/or group reflection. Engage others in a reflection. Share What You Do!



Five Ways to Well-Being: Personal Reflection or Group Activity

Aim: 1) Participants can identify key indicators relating to the Five Ways to Well-Being, 2) Participants can identify personal actionable items they can take in a chosen category.

- ★ Team up. Make it fun! Use different color sticky notes or colored pencils, markers, etc and a printout of the placemat. If you are opting to read the info on your computer or phone, that works too.
- ★ Reflect & talk about the Five Ways: “What does it look like, sound like, feel like when we...” (*refer to each Five Ways section on the placemat*)
- ★ Jot down your ideas (write or draw) on a piece of paper
- ★ Share your thoughts and ideas
- ★ Chat about ways to promote of one the Five Ways to Well-Being within your environment (i.e. in your home, with your friends, in the classroom, etc).

Five Ways to Well-Being: Personal Reflection or Group Activity

Connect; Take Notice; Be Active; Keep Learning; Give



	Connect 	Take Notice 	Be Active 	Keep Learning 	Give 
What does it look like, sound like, feel like, when we...	<i>Jot down some ideas...</i>	<i>Jot down some ideas...</i>	<i>Jot down some ideas...</i>	<i>Jot down some ideas...</i>	<i>Jot down some ideas...</i>
What surprises you about the ideas that were generated?					



Reflection Activity: Connect

1. How might you know if you were *connecting* or just making contact?
2. Given that being *connected* is good for your mental well-being:
What action(s) would you like to do more of?
Is there anything you could be doing less of?
3. What actions might help promote “*connect*” within our environment?





Reflection Activity: Take Notice

1. If *noticing* enhances well-being, what opportunities can you take or make to *take notice* more often?
2. How can you practice slowing down and pausing more often?
3. In what ways could *taking notice* make a difference in your daily life?
4. How might *taking notice* impact our environment?





Reflection Activity: Be Active

1. What activities do you engage in on a regular basis?
Would you like to develop these a little more?
2. Who can support you to be more *active*?
3. Are there any minor adjustments you can make in your life that can help you be more *active*? *Remember small changes can make a big difference!
4. What deliberate actions might you do during your day to help meet your goals?





Reflection Activity: Keep Learning

1. What do you think about *learning*? Would you like to *learn* something new?
2. What would you like to learn about? What interests you? What do you value? What would you find useful or fun?
3. What might you do to make *learning* something you look forward to?
4. What actions might we take to foster *learning* in our environment?





Reflection Activity: Give

1. In what way do you *give* to others on a regular basis?
2. Do you notice what it's like for you when you *give* to others?
3. What other action (s) might you take that you have not thought of before?
4. What actions might we do within our environment?





The Five Ways to Well-Being was developed by the New Economics Foundation in the UK. Check out the full report [HERE](#)