



During times of uncertainty – like when we all have to stay safe at home because of the coronavirus – it's even more important to look after our wellbeing. The Five Ways to Wellbeing are five simple actions you can do every day to help you feel healthier, happier and more positive.

Here are some ideas to help you use the Five Ways to boost your wellbeing during the lockdown. These are just some suggestions to get you going – once you've done a few of these, you could try creating your own list and swapping ideas with your friends.

Why not take part in our fun [#5ways5daysNHS challenge](#)? We would love to see what you've been doing to improve your wellbeing! [Click here](#) for more information.

## Connect

Connecting with people can make you and others feel special

- Get in touch with a relative who lives alone. This could be by phone or you could even sit down for a meal and video call each other.
- Set up a virtual book club with friends.
- Put up extra pictures of the people you care about as a reminder of the important people in your life.
- Watch the weekly round-up of upbeat stories in the BBC's [Happy News](#).
- Check in with your friends regularly to see how they're feeling.



# 2

## Be active

Getting active is good for your mental and physical health

- Join Joe Wicks in his [PE with Joe workout](#) for children and young people at 9am every weekday. It's even more fun if you can get your friends involved via video link.
- Create a favourite music playlist and dance for 30 minutes every day.
- Be active, stay well and support a friend by taking part in the [Mayathon](#).
- Take a look at these ideas from [Sport England](#) on how everyone can remain active at home or create your own #StayInWorkOut on social media.
- Take up running. If you're just starting, try the [One You Couch to 5K](#) app by Public Health England.

Always follow [government advice on COVID-19 social distancing](#)



## Take notice

Really take notice of your own feelings and of the things and people around you

- Reflect on the positives – keep a gratitude journal in which you write down three things you feel thankful for every day.
- Consider your strengths and how you can make the most of them.
- Think about who inspires you and why. If you want to, you could write them a note to let them know.
- Create some calm – try out some of [Childline's](#) breathing exercises, activities, games and videos to help you let go of stress.
- Make a [Coronavirus Time Capsule](#) to record your experience of this moment in history.
- Write wellbeing quotes on pieces of paper and place them around your bedroom.

# 3



## Keep learning

Learning isn't just for school – study something new or try something different

- Learn about how to stay safe when you're on your phone, tablet or computer with this advice from [Thinkuknow](#).
- Make Thursday night theatre night by streaming live shows from the [National Theatre](#) at home.
- Take a virtual tour of the [British Museum](#).
- Learn to cook a new, healthy [recipe](#) with your family.
- Learn a new word every day and see how often you can use it!
- Learn a new language in a fun way with [Duolingo](#).
- [BBC Bitesize](#) has some great learning resources.
- Check out the stage shows, musicals and opera you can [watch online](#) now for free.

# 4



## Give

Giving makes everyone feel special – give someone your time or just say thanks

- Donate your time to do something for someone else – this could be a family member or a neighbour.
- Say thank you to someone who has helped you. For example have a look at the [Thank a Teacher Campaign](#).
- Offer to help with chores around the house.
- Consider fundraising online for those most affected by COVID-19. Check out this [Just Giving guide](#) to find out more about how you can help.
- Spring clean cupboards and drawers and prepare unwanted items to donate to your chosen charity when you can.
- Phone or write to a friend, family member or neighbour who may be feeling lonely and isolated.
- Take part in the nationwide [Clap For Our Carers](#) every Thursday at 8pm.

# 5

Online safety – Visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for more information on staying safe online.



For further information please contact [bwccg.enquiries@nhs.net](mailto:bwccg.enquiries@nhs.net)