health shield Wellbeing
the best of health

5 ways to wellbeing



health shield Wellbeing
the best of health

Five ways to improve your wellbeing

Content reviewed February 2025
By Health Shield's Wellbeing Team

Recent evidence reinforces that incorporating the following five actions into our daily lives is vital for our wellbeing:

Promoting good mental health is paramount to leading a healthier, more fulfilling life. Fortunately, there are simple yet impactful steps you can incorporate into your daily routine, requiring minimal time and zero financial investment. These steps, collectively known as the Five Ways to Wellbeing, encompass the following pillars: Connect, Be Active, Keep Learning, Give and Take Notice. By embracing these principles, you can enhance your overall wellbeing and navigate life with greater clarity and happiness.

1 **Connect**
Engage with your family, friends, colleagues, and neighbours. Nurture these relationships at home, work, school, or in your local community. They form the foundation of a fulfilling life, so devote time to foster them. Building these connections will profoundly support and enrich your everyday experiences.

2 **Be active**
Step outside and go for a walk or run. Explore cycling routes, play a game, tend to your garden, or dance your heart out. Engaging in physical activity not only boosts your mood but also enables you to discover the joy of movement. Find an activity that aligns with your fitness level and personal preferences.

3 **Keep learning**
Rediscover forgotten passions or invest your time in acquiring new skills. Register for a course, take on fresh responsibilities at work, learn to cook your favourite dish, or master an instrument. Set enjoyable challenges that ignite your passion for growth. By learning new things, you'll boost your confidence while having a blast.

4 **Give**
Extend acts of kindness to friends and strangers alike. Express gratitude, offer a warm smile, dedicate your time to volunteering, or become part of a community group. Look beyond yourself and forge meaningful connections within your wider community. Such selflessness brings tremendous fulfilment and fosters lasting bonds. Remember, incorporating these actions into your life not only enhances your wellbeing but also strengthens your ties to those around you.

5 **Take notice**
Open your eyes to the world around you and be in the here and now. Notice the changing seasons, appreciate the remarkable, and relish the extraordinary. This helps you to stop dwelling on the past and worrying about the future. Whether you're walking to work, enjoying a meal, or engaging in conversations with friends, be present in the moment. Simple breathing exercises are a great way to start and help calm the mind and body. You could also try keeping a gratitude jar - add three things you're grateful for each day and any time you feel down, open the jar and have a read.

health shield Wellbeing
the best of health

1 Connect

Building strong, positive relationships is key to our wellbeing. Engaging with upbeat and supportive people boosts our self-image and confidence. Such bonds not only provide us with a pool of positivity to draw from during tough times, but they also offer fresh perspectives that help us tackle problems effectively. In essence, these relationships, more than just friendships, act as catalysts for personal growth and mental resilience, making them vital for our overall wellbeing.

For example:

- Make time to talk to friends, family and colleagues.
- Share the journey to or from work.
- Join a group or club to connect with people.
- Seek support.

What do you currently do to connect?

Set a goal to connect

health shield Wellbeing
the best of health

2 Be active

Engaging in consistent physical activity can enhance your mood and invigorate you with energy. It doesn't have to be intense or sport-related to be beneficial. The key is to choose an exercise you genuinely enjoy, as this increases the likelihood of maintaining it. This way, fitness becomes not a chore but an enjoyable part of your routine that contributes positively to your overall wellbeing.

For example:

- Find something you enjoy doing.
- Get some activity into your commute.
- If you have been still for half an hour, get moving, even just for a minute.
- Walk and talk instead of calling or emailing.

What do you currently do to be active?

Set a goal to be active

health shield Wellbeing
the best of health

3 Keep learning

Embracing challenges and acquiring new skills can be a fun way to boost your confidence. Why not rekindle an old hobby or sign up for an interesting course? Trying something new, like learning to play a musical instrument, can add an exciting dimension to your day. This process of continuous learning not only enriches your life but also enhances your self-esteem.

For example:

- Find out something about your colleagues.
- Play an instrument.
- Read.
- Do a puzzle.
- Research something you've always wondered about.
- Try a new recipe.

What do you currently do to keep learning?

Set a goal to keep learning

health shield Wellbeing
the best of health

4 Give

Contributing to others' wellbeing can significantly enhance your own. Studies show that individuals who actively help others often regard themselves as happier. So, take a moment to appreciate how your efforts positively impact your community. This sense of giving back not only nurtures your happiness but also fosters a stronger, more supportive environment around you.

For example:

- Offer to help or do something for someone else.
- Volunteer or donate.
- Share your expertise to help solve a problem.
- Give ground in a disagreement.

What do you currently do to give?

Set a goal to give

health shield Wellbeing
the best of health

5 Take notice

Devoting moments throughout your day to become more mindful of your environment and current situation can be beneficial. Whether it's taking a short break for a cup of tea or engaging in a friendly chat, being present in the moment enhances your awareness of the world. Reflecting on your feelings during these times can foster appreciation for the events unfolding around you. This simple practice of mindfulness can offer profound insights into your daily experiences.

For example:

- Try a short breathing exercise or meditation.
- Think of things you are grateful for.
- Pay attention to how you feel and make sure you find the time to do something which makes you happy.
- Look up and really pay attention.

What do you currently do to take notice?

Set a goal to take notice

health shield Wellbeing
the best of health

Extra benefits, extra care

Help your people discover and make the most of the additional benefits in their health cash plan.

Find out more

Health Shield Friendly Society Limited
Electra Way
Crewe Business Park
Crewe
Cheshire
CW1 6HS

Tel: 01270 588555

Got a question about your cash plan?
Check out our FAQs

health-shield-friendly-society-ltd

Copyright © 2025 Health Shield Friendly Society Ltd.
25012

Discover more at **healthshield.co.uk**