

Places to start your Five ways to wellbeing journey.

- your local library and information centre
- Huddersfield and Dewsbury Customer Service Centre
- Gateway to care

www.kirklees.gov.uk/fiveways



Five ways to wellbeing

Emotional wellbeing crucially affects our path through life. It is vitally important for healthy families, communities and society.

The five ways to wellbeing is something you can use at work and at home, it's about taking each of the five ways and seeing how you can apply it to every aspect of your life and the lives of people around you.

The five ways to wellbeing:

Be Active - discover a way to be active that you enjoy and suits your level of mobility and fitness.

Keep Learning - learning new things will make you more confident as well as being fun.

Connect - with family, friends, colleagues and neighbours at home, work or where you live.

Take Notice - be aware of the world around you and what you are feeling.

Give - small acts of kindness towards other people, or volunteering can make you feel good.

Be Active

There are lots of opportunities in Kirklees for you to become more active. Most importantly, discover a way to be active that you enjoy and that suits your level of mobility and fitness.

👥 Being more active has changed my life, and how I feel about myself. 🗣️

Things you could try:

- Go for a walk or run
- Step outside
- Cycle
- Play a game
- Garden
- Dance



Keep Learning

Learning can boost your self-confidence and self-esteem, help build a sense of purpose, and help you connect with others.

“Learning from other people and being able to pass that on is really rewarding.”



Things you could try:

Rediscover an old interest. Sign up for that course.

Take on a different responsibility at work.

Fix a bike.

Learn to play an instrument or how to cook your favourite food.

Connect

Connect with the people around you, at home, work, and school or where you live. Take time to talk, spend time with others- it will help support and enrich you every day.

“People connecting with me when I was at a low point made all the difference to me.”

Things you could try:

Join a group that introduces you to new people, reconnect with old friends, and find a way to spend quality time with your family and friends.



Take notice

It can be easy to rush through life without stopping to notice much. Be aware of the world around you and what you are feeling.

“ Making the time to reflect and noticing what my body was telling me has changed how I feel about myself. ”

Things you could try:

Be curious.

Remark on the unusual.

Notice what is going on around you when walking to work, breaking for lunch or talking to friends.



Give

Linking to the wider community can be incredibly rewarding and creates connections with the people around.

☺☺ Just giving an hour a week made me feel really good. ☺☺



Things you could try:

Do something nice for a friend, or a stranger.

Thank someone.

Volunteer your time.

Join a community group.



I can use the five ways to wellbeing by:

Being active

Keeping learning

Connecting with

Taking notice

Giving