



## So What Next?

The 5 Ways to Wellbeing are the mental health equivalent of the '5 a day' advice about fruit and vegetables.

All of the 5 ways are free, achieved easily and can apply to everyone – no matter what the circumstances.

Most of us will be doing many of the measures already but think about the ones you are doing least of.

What can you do to add them into your daily life?

See below and over for a list of phone numbers and websites for ideas to help.

## Connect

### What's on Diary

Guernsey Press on Thursdays,  
BBC Radio Guernsey, Island FM, CTV

## Keep Learning

### Guernsey College of FE

[www.guernseycollege.ac.gg](http://www.guernseycollege.ac.gg)  
Tel: 01481 227500

### Guernsey Training Agency (GTA)

[www.gta.gg](http://www.gta.gg)  
Tel: 01481 721555

### Worker's Educational Association (WEA)

[www.wea.org.gg](http://www.wea.org.gg)  
Tel: 01481 237888

### Women's Institute (WI)

[www.wiguernsey.org.uk](http://www.wiguernsey.org.uk)

## Be Active

### Walking for Health

Public Health Services 01481 227311

[www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder)

### Guernsey Sports Commission

[www.guernseysports.com](http://www.guernseysports.com)

Tel: 01481 227229

### Beau Sejour Leisure Centre

[www.beausejour.gg](http://www.beausejour.gg)

Tel: 01481 225200

## Take Notice

### La Societé Guernesiais

[www.societe.org.gg](http://www.societe.org.gg)

Tel: 01481 725093

### National Trust

[www.nationaltrust.gg](http://www.nationaltrust.gg)

Tel: 01481 256967

### Guernsey Museums

[www.museums.gov.gg](http://www.museums.gov.gg)

Tel: 01481 226518

### Guille-Allès Library

[www.library.gg](http://www.library.gg)

Tel: 01481 720392

## Give

### Volunteer Guernsey

[www.volunteer.gg](http://www.volunteer.gg)

### Guernsey Community Foundation

[www.foundation.gg](http://www.foundation.gg)

Tel: 01481 748056

### Association of Guernsey Charities



For more information please call

Public health Services on 01481 227311



States of Guernsey  
Public Health Services



# 5 ways to wellbeing



Connect



Learn



Active



Notice



Give



# 5 ways to wellbeing

Research shows that there are 5 simple ways to feel happier and improve your wellbeing.

There is good evidence that a range of simple actions are strongly linked to people feeling happier and more satisfied with their lives.

These are actions you can take that will build up your health and wellbeing – taking 5 small steps to living well.

The ‘5 Ways to wellbeing’ are about making conscious and deliberate choices to look after our mental health.

The ideas that follow are simple evidence-based actions that are applicable to people from all walks of life.

## So – what are the 5 ways?

Just like trying to eat 5 fruit and veg a day, there are 5 things you can do to improve your mental health and wellbeing every day.

We found it useful to remember them as **CLANG**:

## 1. Connect ...

With the people around you. With family, friends, people at work and neighbours. At home, work, school or in your local community.

These are important relationships so invest time in developing them. Building these connections will support you and keep you going every day.

## 2. Keep Learning...

Try something new. Go back to an old interest. Sign up for that course. Take on a different responsibility at work. Fix something that's broken.

Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun!

## 3. Be Active ...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Eat well. Exercising makes you feel good and improves your physical health too. Make sure you find an activity you enjoy and that suits your level of ability and fitness.

## 4. Take Notice ...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Enjoy the moment, whether you are walking to work, eating lunch or talking to friends.

Be aware of the world around you and what you are feeling. Thinking about your experiences will help you appreciate what matters to you.

## 5. Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be very rewarding and makes connections with the people around you.

## Practice makes perfect...

Just like learning any new skill, we need to practise the 5 ways and make a conscious effort to keep doing them regularly. It is easy to slip back into previous habits, so find methods to include the 5 ways into your daily life. Take action, notice the difference they make and feel more able to cope with challenges when they arise.

