

5 Ways to Wellbeing KIND Challenge

THE 5 WAYS TO WELLBEING ARE PROVEN TO BOOST YOUR WELLBEING AND IMPROVE YOUR MENTAL HEALTH. CHALLENGE YOURSELF OVER A WEEK, TO FOCUS THE 5 WAYS ON KINDNESS.



GIVE: Think of new ways to be kind by giving. Giving doesn't have to be big or expensive gifts, instead give the gift of time, support, praise or compliments. What **KIND** ways can you give? Don't forget to be **KIND** and give to yourself too!



TAKE NOTICE: Over recent weeks we have had to stop and reflect, what **KIND** deeds have you noticed others do? And what **KIND** acts have you done yourself? Try to notice and /or copy the kindness you see or receive.



CONNECT: Relationships with other people help us to feel connected and boost our wellbeing. How about reaching out in new ways like writing a note to a neighbour, or calling someone you've not spoken to for a while? It's a small act of kindness that can go along way.



BE ACTIVE: Get up and get moving! Exercise is proven to support our wellbeing. Be **KIND** to yourself and allow the time to try a new hobby/virtual class etc. You could encourage others in your household to join.



KEEP LEARNING: Challenge your mind to learn something new. Make the most of this extra time at home, by learning a new skill like a craft, baking or a foreign language. Could you be **KIND** and give your time to do this with someone else (in your household or virtually), or perhaps you make something for a friend or relative.