

FIVE WAYS TO GIVE YOUR MENTAL AND PHYSICAL HEALTH A BOOST THIS SUMMER

PULL OUT AND KEEP  

Did you know that there are five simple ways to feel healthier and happier? The Five Ways to Wellbeing are a bit like the five-a-day fruit and veg message but aim to give your mental health a boost. Sometimes the smallest things such as 'saying thank you' can improve our mental health because we feel 'connected' and 'giving' makes us feel happy. We've suggested some ideas and resources below to get you started.

MARK OFF YOUR ACHIEVEMENTS

YOUR PERSONAL PLANNER



USE THIS PLANNER TO MAKE A NOTE OF HOW YOU'RE GETTING YOUR FIVE WAYS TO WELLBEING

CONNECT 	BE ACTIVE 	KEEP LEARNING 	GIVE 	TAKE NOTICE 
Don't put off that call Take time to call a friend or family member. It's important to stay in touch with others. <input checked="" type="checkbox"/>	Uncover hidden history Uncover hidden history with Suffolk Steps - a collection of local historic walks and trails around the county. suffolkmuseums.org <input checked="" type="checkbox"/>	Explore free online courses The Open University or FutureLearn's online courses help you build professional skills and connect with experts. <input checked="" type="checkbox"/>	Saying Thank You Thanking, complimenting and encouraging someone can make all the difference. Upload and share your thank you messages with Suffolk Says Thanks suffolksaysthanks.com <input checked="" type="checkbox"/>	Switch off and tune in Take time away from anything digital. Instead, talk to a friend, family member or make that call you've been putting off. <input checked="" type="checkbox"/>
Try something new Try virtual meeting software like Zoom, House Party and Whatsapp. <input checked="" type="checkbox"/>	Step to it Try taking up the couch to 5k challenge by downloading the free app. Visit www.nhs.uk and search for 'Couch to 5k' <input checked="" type="checkbox"/>	That's handy Learn some new DIY skills. YouTube videos can help. <input checked="" type="checkbox"/>	Give your time Volunteer Suffolk gives you the opportunity to seek out volunteering. volunteersuffolk.org.uk <input checked="" type="checkbox"/>	Explore Suffolk Our county is full of amazing places to visit and discover. Check out Visit Suffolk for ideas visitsuffolk.com <input checked="" type="checkbox"/>
Go old school Pick up a book, tackle a jigsaw or enjoy good old-fashioned board games to connect with your family. <input checked="" type="checkbox"/>	Free classes Online classes on demand from relaxing yoga to high energy zumba. Start with YouTube for ideas. <input checked="" type="checkbox"/>	Recipe for success Learn how to cook a new recipe starting with one new meal each week. Try the OneYou EasyMeal app. <input checked="" type="checkbox"/>	Look out for others If you know someone who might need help, give them a call to check they are ok. <input checked="" type="checkbox"/>	Sleep well Get support to sleep well. Visit Every Mind Matters nhs.uk/oneyou <input checked="" type="checkbox"/>
Get creative Try a craft activity. Suffolk museums have some great arts and crafts ideas. Pinterest is also a great site for creative inspiration. <input checked="" type="checkbox"/>	Get outdoors Get out and enjoy a daily walk, run or bike ride. Suffolk InfoLink is a great place to find local leisure activities and places to go. infolink.suffolk.gov.uk <input checked="" type="checkbox"/>	Talking my language Learn a new language for travelling or for fun. Try Learn a Language, BBC Languages or Duolingo. <input checked="" type="checkbox"/>	Be a good neighbour Support a local Good Neighbour Scheme to support those in the community. communityactionsuffolk.org.uk <input checked="" type="checkbox"/>	Are your emotional needs being met? Get invaluable advice about managing anxiety on leaving lockdown and a whole lot more from Suffolk Mind suffolkmind.org.uk <input checked="" type="checkbox"/>
Connect with your community Visit Nextdoor to find out what's going on where you live, including local services. nextdoor.co.uk <input checked="" type="checkbox"/>	Home run Housework and gardening both count and are good ways to keep active. <input checked="" type="checkbox"/>	New discoveries Discover with Suffolk's library service, arts and culture online. <input checked="" type="checkbox"/>	Give yourself a break If you are working from home, remember to build in regular breaks. Short walks can work wonders for general wellbeing and motivation. <input checked="" type="checkbox"/>	Take time for yourself It's easy to forget to pause, step away from that screen and just savour the world around you. healthysuffolk.org.uk and search 'mindfulness' to learn more. <input checked="" type="checkbox"/>

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

