

## Five Ways to Wellbeing



*Credit: Liz Taylor*

There are five ways to achieve wellbeing as researched and developed by the Economics Foundation. These are: -

**Connect** - feeling close to and valued by other human beings is a fundamental human need and as such helps us to function well in the world. Relationships with other people are vital to our wellbeing in that they can provide a buffer against poor mental health, as well as provide a vent and to cheer us up when we feel down.

**Be Active** - Studies have shown that regular exercise releases feel good chemicals in the brain, and is linked to good mental health and wellbeing. Completing some form of exercise also gives a sense of achievement. Regular exercise also slows the decline in brain function linked to ageing.

**Take Notice** - reminding yourself to 'Take Notice' of what is happening around you has been shown to help with wellbeing. Concentrating on a task and taking the time to be in the moment also helps to reduce anxiety, enhances your self-awareness and self-understanding and allows you to make positive decisions and actions.

**Learn** - you can improve your brain function simply by learning something new. Be it a new language or simply watching a documentary. Continued learning enhances self-esteem and has been shown to relieve symptoms of depression.

**Give** - individuals who report an interest in helping others also are more likely to rate themselves as 'Happy'. Research has shown that committing an act of kindness once a week over a six-month period has improved an individual's overall wellbeing.



In the Carbon Landscape Partnership, we have led many workshops and events to help connect people to their landscape and to improve their wellbeing. From nature walks and mindfulness walks through to conservation work parties and rambles.

The Wildlife Trust for Lancashire, Greater Manchester and North Merseyside have a project specifically for ecotherapy and to help people to take control of their wildlife, communities and own wellbeing called Myplace. For more information, check out their YouTube Channel <https://www.youtube.com/channel/UCr098YCPWHTobysw4opy8Tw/featured>