



**Black Dog  
Institute**

## Five ways to wellbeing

A healthy mind is just as important as a healthy body for your overall wellbeing.

Based on international research, these 5 ways to wellbeing include simple and effective ways to improve your psychological and emotional health day-to-day.

**Connect | Be active | Be aware | Keep learning | Help others**

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Connect with people around you; with family, friends, neighbours or people you meet, at work, school or at the shops. Think of these social connections as important in your life and spend time developing them. Building these relationships will support and strengthen you every day.

### **Connect**

**Ways to connect:** Catch up for a drink or meal, ask people how they're going and really listen to the answer, schedule a time of the week to talk to someone (it can be face-to-face, over the phone or emailing).



Keep your mind and body active. Find something you enjoy and do it regularly. Exercising makes you feel good and helps to clear your mind.

### **Be active**

**Ways to be active:** Have walking meetings, play a sport, try gardening, step outside and go for a walk or run.



### **Be aware**

Take time to stop and be aware of your surroundings and the moment you are in, paying attention to your thoughts and feelings. Doing this can positively change the way you feel about life and how you approach life's challenges.

**Ways to be aware:** Notice the smells, sounds, and sights around you, try practicing meditation and mindfulness exercises, notice how you feel at different times, keep a journal.



### **Keep learning**

Try something new or rediscover a past interest. Learning is about challenging ourselves to do something in a different way to what we've done before. It can give you a sense of achievement and build your confidence.

**Ways to keep learning:** Read a new book, take on a new role at work, learn to play a musical instrument, try something artistic, or do a new course.



### **Help others**

Helping others can give you a sense of purpose and belonging, build friendships and make your community a better place. Do something kind for a friend or stranger. It can be as simple as sharing your appreciation, giving your time, knowledge, or goods to others.

**Ways to help others:** Volunteer in your community, make a donation, or share your skills through a mentoring program or helping out on a project.