

5 WAYS TO WELLBEING

Research by the New Economics Foundation shows that small improvements in wellbeing can help us to thrive. Here at The Thrive Team we've put together some thoughts about how you can support your wellbeing and put those small improvements into action.

STAY CONNECTED

Being connected to other humans is important for our wellbeing.

- Buddy up with someone at work for regular coffee breaks throughout the day/week - you can do this even if working remotely.
- Make the most of technology to stay in touch with family and friends.
- Talk to someone new today.
- It's important to create a routine to 'leave work at work' and reconnect with yourself, family and friends at the end of each day.



KEEP LEARNING

The brain is a muscle and needs exercising as much as our body

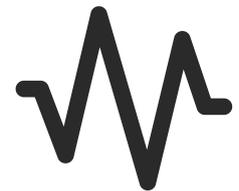


- Be curious and seek out new experiences.
- Set yourself challenges that look to stimulate your brain.
- Sign up for free online training e.g Futurelearn, OpenLearn.
- Watch a Tedtalk or educational video on YouTube .

BE ACTIVE

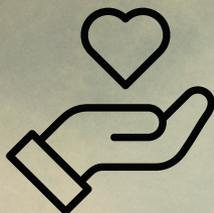
Physical activity is closely linked to our mental health

- Find ways to stay active - make a regular appointment to move from your screen if you work at a screen/desk.
- Remember the 40:20 rule: 40 minutes sitting, 10 minutes standing, 10 minutes stretching/moving.
- Aim for 150 minutes of exercise every week.



GIVE

When we give to others it makes us feel good



- Carry out random acts of kindness/pay it forward.
- Keeping in touch will help - be someone's ear to listen to them.
- Send an email of appreciation to a colleague or text to a friend.
- Exchange skills with others for mutual benefit.

TAKE NOTICE

Paying attention to the present moment improves mental wellbeing

- Take notice of nature around you - being outside in nature for 20 minutes reduces stress.
- Practice mindfulness (Headspace or Insight Timer apps may help).
- Practice gratitude - at the beginning and end of each day think of at least one thing you are grateful for - your beating heart is a great start!

