

Five Ways to Wellbeing



New Economics Foundation (NEF) – 5 actions to improve wellbeing 2008

CONNECT



Social relationships are critical in promoting and sustaining wellbeing.

- Human condition , sense of value and validity
- Healthy connections – people, groups, activities, associations
- Unhealthy connections – drugs, gambling, possessions, peers, destructive behaviours, criminality.
- Roles – community connectors (The Go To People)
- Everyone has a gift to share
- Visible community activities
- Social Media



BE ACTIVE



Regular physical activity is associated with lower rates of depression, anxiety and slowing age related cognitive decline.

- Activity is good for the body & mind – creates distraction and releases healthy endorphins
- Naturally supports change and feeling of stuckness
- Exercise at any level improves wellbeing
- In the community – get moving, get involved (what matters to you?)
- What is your calling?



TAKE NOTICE

Being aware of what is taking place in the present enhances your wellbeing and support “savouring the moment”.

- Supports self-understanding and exploration
- In recovery – not about the destination but the journey
- Mindfulness in the moment
- About appreciation of experiences and calming the mind

Being Mindful

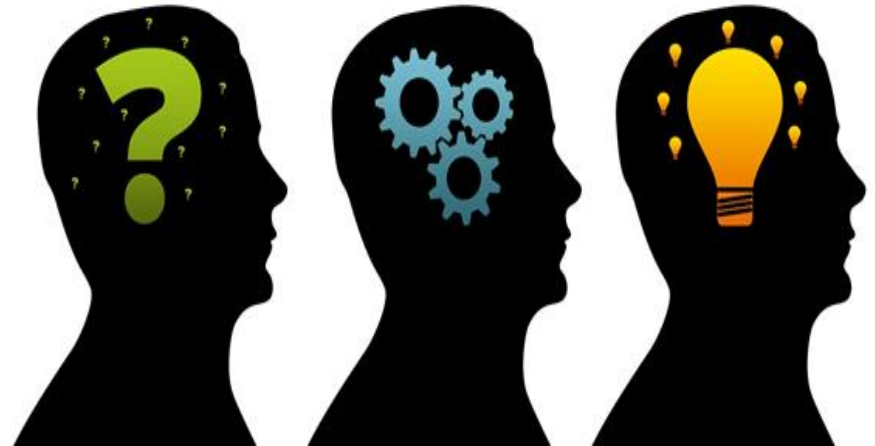


Be in the Present

KEEP LEARNING

In addiction standing still equates to often going backwards.

- No growth in a comfort zone
- Learning creates a sense of cognitive change and development
- Creates confidence and helps with relapse prevention
- Learning to be a citizen and a member of a community – label free
- Goal settings – goals release concrete achievements and give satisfaction



GIVE

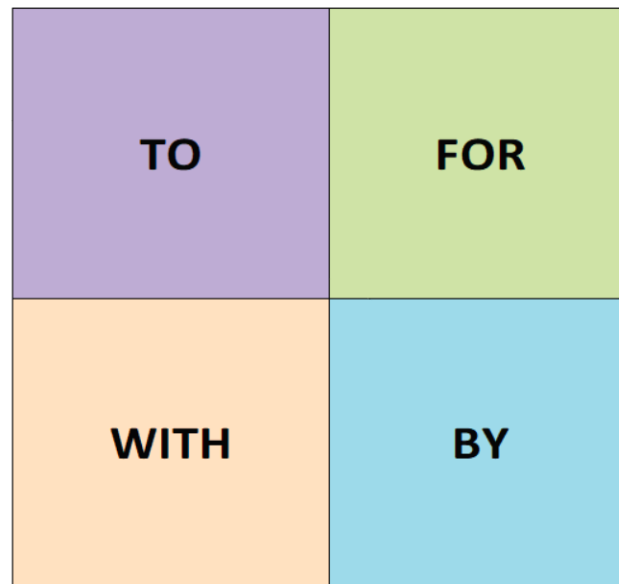


Individuals who develop an interest in helping others are more likely to rate themselves as happy.

- We all have gifts to give
- Powerful human trait that makes us feel good
- In recovery, people see giving back as a return on investment and value
- Supports the “with” people “by” people.
- Principles of Recovery College 2 - shared experience
- People in recovery give and volunteer on a par or above faith-based giving groups.



CLOSE



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