

## Weekly Wellbeing Information and Tips



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Welcome to our first Wellbeing information and tips sheet. Below you will find information about the Five Ways to Wellbeing: **Connect, Be Active, Take Notice, Keep Learning and Give**. This is an evidence based tool developed by the New Economics Foundation and a well-established way to support your wellbeing. We have adapted them for you here to reflect our current social climate and offered a few suggestions for how you can put them into practice whilst you are at home.

### Connect

There is strong evidence that indicates that connecting with other people is a fundamental human need and one that helps us to function well in the world. It's clear that social relationships are vital for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. However, as our ability to connect with others and the world around us is greatly hindered at the moment, it is still really important to find new ways of connecting.

With this in mind, try to do something different today and make a connection.

- Connect with others via online supportive communities such as National Mind's Elefriends at [www.elefriends.org.uk](http://www.elefriends.org.uk).
- Telephone befriending services are now available both in **Hastings** and in **Eastbourne**. Contact them to become a befriender or to talk to someone if you are feeling isolated. For Eastbourne contact [eastbournevolunteers@gmail.com](mailto:eastbournevolunteers@gmail.com) or for Hastings at [Hastings Voluntary Action](#)
- In **Brighton** volunteers are needed to help distribute food via foodbanks. The [Brighton and Hove Food Partnership](#) has information on its website about how you can help

### Be Active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups, and is even more vital whilst living our currently restricted lifestyles. Current government advice is that we are able to leave our home once a day for exercise, and if we are fortunate to have access to outdoor space we are able to use it. Activity doesn't need to be particularly intense for you to feel good:

- Check out and join the [Health Walks Spring Lockdown Walking Challenge!](#) Brighton and Hove City Council Health Walks have set up an initiative to clock our steps on daily walks. Click on the link for more information how to take part (currently requires access through Facebook).
- Ideas of things to keep you active in and around **Hastings** are included [here](#)
- Ideas **wherever you are** for how to keep moving from [Sport England](#)

### Take Notice

Evidence shows that reminding yourself to 'take notice' and being aware of what is taking place in the present moment directly enhances your well-being. With many of us being in situations where we may have more time than usual to 'take notice', it's a great opportunity to start building this practice into our daily lives. Take some time to enjoy the moment and the environment around you.

- How about joining in the [British Trust for Ornithology Garden Bird Watch](#). They are giving everyone free access to join their research during the COVID-19 lockdown – so you can support your wellbeing *and* contribute to scientific research!
- Taking time to be still and quiet is also really beneficial for our mental health so why not join the [Brighton Meditation Centre](#) for free online meditation classes or take a look at [Smiling Minds YouTube](#) mindfulness videos

## Keep Learning

Continued learning enhances self-esteem and encourages social interaction and a more active life. Setting yourself goals, however small, have been strongly associated with higher levels of wellbeing. New and creative ways are emerging daily for people to learn and develop while living more isolated lives. Why not learn something new today?

Libraries may be closed, but eBooks and eAudiobooks are still available to borrow! Is there a particular topic, skill or subject you've always wanted to learn more about?

Follow the links below for libraries in your local area

- [East Sussex libraries](#)
- [West Sussex libraries](#)
- [Brighton and Hove libraries](#)

## Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research, and is strongly linked with increased wellbeing. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. It is also important to give some time to yourself, and structure to your day.

Since the outbreak of the Coronavirus, people have really come together to provide help and support to others. An example includes the Mutual Aid groups that have quickly gathered in momentum. These enable communities to support each other, check in with neighbours, and generally connect with those around us. Find your local Mutual Aid group below:

- [Hastings](#)
- [West Sussex](#)
- [Brighton and Hove](#)

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next week's edition: **Connecting with others**

