



East of England
Ambulance Service
NHS Trust



Five Ways To Wellbeing

Enhance your wellbeing by creating
healthy habits and daily routines

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What is wellbeing?

“Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”

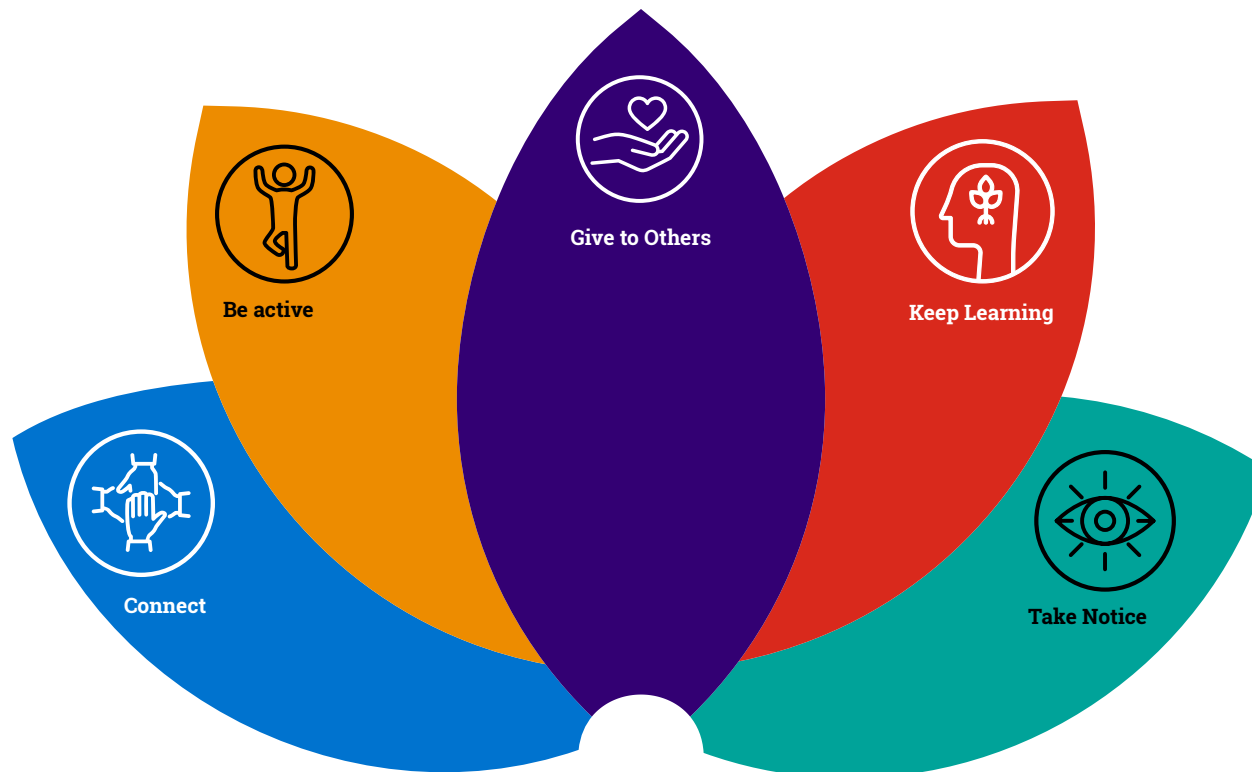
(World Health Organisation)

- ★ Wellbeing is simply our subjective assessment of how we feel we are doing and how sustainable this is for the future.
- ★ Our feelings of wellbeing are influenced by our personal outlook on life and also on factors such as our physical and mental health, the quality of our relationships, our sense of purpose and the degree of control we have over the things that really matter to us.

What are the Five Ways to Wellbeing?

There is a great deal of evidence to show that each element of the Five Ways to Wellbeing can help improve our sense of wellbeing and build resilience. The model is widely used by the NHS and many mental health organisations.

Think of them as a 'five a day' for positive wellbeing.



The benefits of building the Five Ways into your daily routine

We all work for a busy Trust. Work pressures in turn impact wellbeing. This has a knock on effect on relationships, home life and many other aspects of our lives.

Implementing simple changes using the Five Ways can help improve our own wellbeing and the wellbeing of those around us, making it easier to cope and enjoy life again.

Let's get started....

Connect

As human beings we are naturally social animals. Positive social connections and supportive relationships create the very foundation of our wellbeing.

Good relationships make us feel happy, valued, cared for, loved, recognised and part of something bigger.

- ★ Investing in our relationships builds trust and provides us with a support network.
- ★ Regularly connecting with friends, family, neighbours and colleagues can make us feel good.
- ★ Getting involved in our local communities increases our sense of belonging.
- ★ The COVID-19 pandemic encouraged us to experiment with new ways of staying in touch using technology. Even if we can't meet face to face, there are plenty of other ways we can connect.



Let's connect

🕒 If you only have a minute:

- ★ Message a friend
- ★ Smile or say hello to someone new
- ★ Talk to colleagues instead of sending an email

🕒 If you have an hour:

- ★ Meet a friend for a walk, coffee or lunch
- ★ Set up a group call/video with friends or family
- ★ Call a friend or family member who you may not see in person often

📅 If you have more time:

- ★ Plan a family get together
- ★ Look at organising a day out
- ★ Organise an evening out with friends



Be active

Exercising makes us feel good. When we are physically active our bodies release hormones which improve our mood and enhance our wellbeing.

Being physically active does not mean doing something strenuous to feel the benefits.

- ★ Pick activities that suit your lifestyle.
- ★ Experiment and find something you enjoy.
- ★ Make it part of your regular routine.



Be active, where to start

If you have a minute:

- ★ Take a moment to stretch and move around
- ★ Take regular screen breaks
- ★ Walk around whilst making that phone call

If you have an hour:

- ★ Get outdoors for some fresh air and some natural light
- ★ Get involved in an outdoor activity
- ★ Build physical activity into your daily routine

If you have more time:

- ★ Get fit for free and attend a park run
- ★ Start a fitness program
- ★ Check out the Five Ways to Wellbeing resources links



Keep learning

Learning helps broaden our knowledge, develops new skills and generates a sense of achievement.

It may seem daunting at first, but often we surprise ourselves.

- ★ Embrace new challenges.
- ★ Be open to learning something new.
- ★ Rediscover a previous hobby/skill and integrate it into your lifestyle, perhaps with a friend.
- ★ Find a course on Evolve, via a local adult learning centre or online.

Why not have a look and explore?



Let's start learning

If you have a minute:

- ★ Be curious. Ask a question
- ★ Do a crossword
- ★ Look up a podcast/webinar to listen to later

If you have an hour:

- ★ Learn how to do something new and discover a hidden talent!
- ★ Listen and learn from others around you
- ★ Listen to a podcast/webinar

If you have more time:

- ★ Plan, start and finish a project
- ★ Start a new course – see resources page for suggestions
- ★ Take up a new hobby/sport/interest

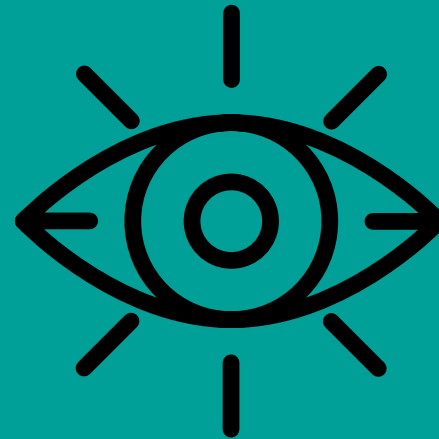


Take notice

Sometimes we can get overwhelmed and distracted by everyday pressures and can overlook or undervalue the simple things in life that really matter to us.

Learning to take notice and find joy in the present moment can help us appreciate the positives in our lives.

Noticing the change in the seasons, enjoying the sunny weather. We can savour those moments that matter, such as connecting with our friends and family.



Take notice

If you have a minute:

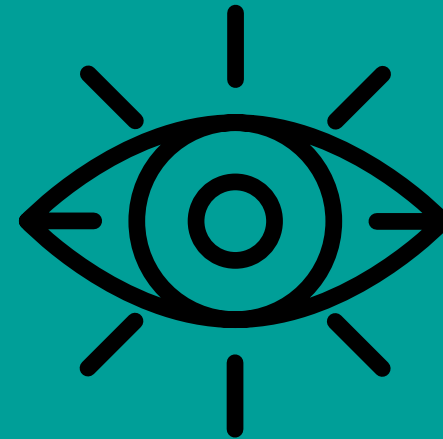
- ★ Take a moment to focus on your breathing
- ★ Ground yourself by checking in with all of your senses
- ★ Ask a colleague or crewmate how they are doing

If you have an hour:

- ★ Start a gratitude journal, record a couple of things that made you feel good today
- ★ Take a walk somewhere new or notice something different on your usual route
- ★ Enjoy a meal with others without distraction – hide the phone and turn the TV off

If you have more time:

- ★ Give mindfulness a go and sign up to the EEAST Headspace offer (see resources)
- ★ Reflect on your emotions and how you feel
- ★ Recognise your achievements and be proud of them



Give to others

Giving has multiple benefits. It makes others feel appreciated and it makes us feel good too. It also gives us a sense of belonging and purpose.

Showing kindness, empathy and supporting colleagues helps create working environments in which we can thrive and be at our best.

- ★ Check in on a colleague or ask them how they are doing
- ★ Give your time to help a charity or local community
- ★ Become a volunteer with EEAST



Give to others

If you have a minute:

- ★ Smile and say hello to those around you
- ★ Say thank you to someone who has helped you out
- ★ Fill in an EEAST GREATix to acknowledge a colleague's support

If you have an hour:

- ★ Have a coffee with someone who needs support
- ★ Sort through books, clothes and other items and donate what you do not need
- ★ Get involved in a charity/work network event

If you have more time:

- ★ Organise a team or community activity
- ★ Get involved in a community project or charity
- ★ Use your skills to help improve your workplace or community



Five Ways to Wellbeing – daily check list

Connect:

- Talk to colleagues
- Meet a friend for coffee/lunch
- Message a friend or call a loved one

Be active:

- Get up and stretch
- Walk or cycle, leave the car more
- Spend more time doing activities you enjoy

Give to others:

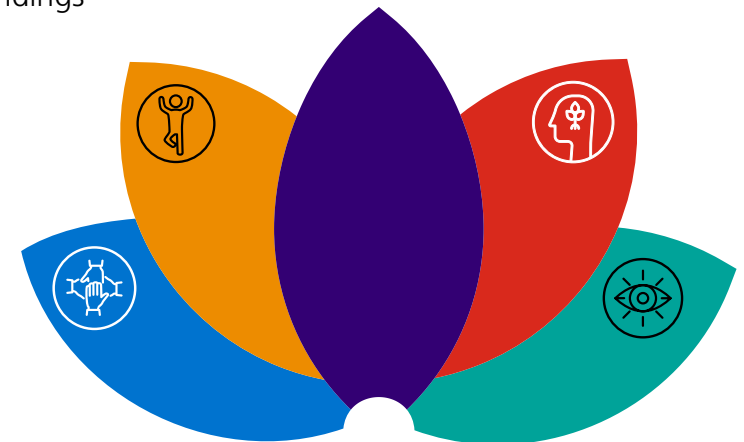
- Smile and say 'Hi' to others
- Fill out a GREATix for a colleague
- Meet a friend and truly listen to them

Learn:

- Listen to a podcast
- Read or start a crossword/sudoku
- Find a free webinar that takes your interest

Take notice:

- Check in on a colleague
- Fill out your gratitude journal
- Take time to notice your surroundings



Five Ways to Wellbeing – resources

★ Connect

www.mind.org.uk

<https://www.ted.com/talks>

<https://coffee.macmillan.org.uk/>

★ Be active

<https://www.parkrun.org.uk/>

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

★ Keep learning

<https://evolve.eastamb.nhs.uk/login/index.php>

<https://www.open.edu/openlearn/free-courses/full-catalogue>

<https://freecoursesinengland.co.uk/>

★ Take notice

<https://www.developgoodhabits.com/gratitude-journal-template/>

<https://www.nationaltrust.org.uk/walking>

<https://work.headspace.com/eeast/member-enroll>

<https://www.developgoodhabits.com/gratitude-journal-template/>

★ Give to others

<https://www.gov.uk/government/get-involved/take-part/volunteer>

<https://www.theasc.org.uk/fundraising/>

