Get Creative

Find ways to Rest & Relax

Choose ways to Nurture yourself

Do some Movement or exercise

Get a boost of Motivation

Try Mindfulness

Find, or be, a good Listener

Connect with people

The Wellbeing wheel

Click on a bubble for ideas

Find a wellbeing buddy and decide together what to try.
**Connect with people**

- Call / WhatsApp / FaceTime an old (or new!) friend
- Collaborate with someone likeminded on a shared project
- Give your brain a buzz and sign up to learn something new e.g. FutureLearn
- Make a difference to someone e.g. volunteer as an Age UK Digital Buddy
- Have a zoom chat with a group (such as the Library's Tea & Coffee Hour on Wednesdays at 3 pm)
- Set up a WhatsApp or other social media group or forum, to share feelings and ideas
- Volunteer as a telephone friend for isolated people. You could try Volunteering Matters
Get Creative

The Library offers craft sessions on an ad hoc basis, so keep an eye on their social media channels!

- Try flower arranging
- Make your own soap
- Plant some flowers
- Make some jewellery
- Try an upcycling project
- Make a collage
- Take up scrapbooking
- Lose yourself in origami
Find, or be, a good Listener

If you’re the one talking:

- Share what you’re comfortable with sharing. You don’t have to share everything.
- Relax and feel into what you would like to share.
- Be thankful. Listening is a rare gift.
- Try not to get frustrated if you’re not understood. The listener may be doing their best.
- Although there is often context, you don’t need to justify feelings.
- And don’t feel you need to do anything or solve any problem.

If you’re the one listening:

- Find a safe, private, comfortable space to talk.
- Make eye contact so the person knows you’re listening.
- Try to listen with your full attention.
- Remember you are helping just by being there and available.
- You don’t need to have any answers… or any solutions. In fact it’s often more helpful not to!
- Resist the urge to tell your own story!
- …or think the person needs to do anything.
- I can be helpful to paraphrase e.g. “It sounds like you feel …”
- Be grateful to one another
- It’s ok to check if you’ve not understood or heard everything.

Be thankful.

Share what you’re comfortable with sharing. You don’t have to share everything.
Try some **Mindfulness**

- It aids concentration
- Improves sleep
- Improves cognitive ability
- It aids memory
- It helps you relax
- Improves motivation
- It boosts your immune system
- It can decrease your emotional reactivity
- It reduces stress and anxiety

**Download and try out one of these (or other) mindfulness apps...**

- Calm - Meditation and Sleep
  - Meditation and Sleep Stories
- Smiling Mind
  - Meditation for all ages
- Brethe: Meditation & Sleep
  - Breathe Calm & Mindfulness
- Plum Village: Zen Meditation
  - Guided Mindfulness, Ad-Free
- Ten Percent Happier Medit...
  - Find calm, insight, and sleep
- UCLA Mindful
  - Meditations for well-being
- Headspace: Meditation & Sleep
  - Stress less, Relax, Sleep
Get a boost of Motivation

Here are some quotes to boost your day. Don’t stop here, find more that resonate for you!

Every Accomplishment Starts With the Decision to Try.

Try some of these podcasts:

- Goal Digger
- Unlocking Us
- Stronger Podcast
- The Tony Robbins Podcast
**Do some Movement or exercise**

**Take a walk**
Just 20 minutes of increasing your heart-rate will be beneficial and get the blood pumping.

**Go for a run...**
If you’re up for a run, it will strengthen your heart and improve your circulation. Find a good route in a park or around the local neighbourhood. Start with running/walking intervals if it helps.

**Or hike!**
How about a longer walk, to make the muscles and heart work and change your mood. Try a daily target of 10,000 steps or a tough hill or two.

**Try an online work-out**
Here are two examples to get started:

- **The Body Coach**
- **Get Buzzin’ with Bez**

**Yoga**
Join Valerie for live yoga as part of the Library's well-being program. You can book in advance on LibCal. They also have yoga playlists on their yoga channel for beginners/all levels, and for intermediate/advanced practitioners.

**Go for a bike ride**
Cycling is great for boosting strength. If you have a bike, or can borrow one, take yourself a bit further afield...
Choose ways to **Nurture** yourself

- Start writing in a Journal
- Blare out your favourite song like no one is listening!
- Get baking!
- Or bake something delicious
- Make your favourite meal
- Go out on a discovery venture!
- Go for a walk in the countryside; or, if you have to stay in, enjoy one of the library’s outdoor well-being walks on YouTube
- Do some forest bathing
- Watch the sun rise or set
- Watch a good film / get stuck into a boxset
- Walk a dog or hang out with a pet
Find ways to **Rest & Relax**

- Wind down before going to sleep. Try some relaxation with **Calm**
- Take a long, hot, bubbly, relaxing bath
- Lose yourself in a good book or audiobook
- Go outside and smell the flowers!
- Grab a mag that makes you smile or feel inspired
- Create a relaxing environment
- Chill out on the sofa, cushions, bed, floor...
- Light a candle