The Wellbeing wheel

- Find ways to Rest & Relax
- Get Creative
- Connect with people
- Get a boost of Motivation
- Do some Movement or exercise
- Choose ways to Nurture yourself
- Find, or be, a good Listener
- Try Mindfulness

Click on a bubble for ideas

Find a wellbeing buddy. Decide what together you might try.
**Connect with people**

- Call / WhatsApp / FaceTime an old (or new!) friend
- Collaborate with someone likeminded on a shared project
- Make a difference to someone e.g. volunteer as an Age UK Digital Buddy
- Give your brain a buzz and sign up to learn something new e.g. FutureLearn
- Have a zoom chat with a group
- 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

- Try flower arranging
- Lose yourself in origami
- Make your own soap
- Plant some flowers
- Try an upcycling project
- Make some jewellery
- Take up scrapbooking
- Make a collage
- Plant some flowers
- Make your own soap
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 rate 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.
- Remember you are helping just by being there and available...
- Try to listen with your full attention.
- 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
- Be grateful to one another
- It’s ok to check if you’ve not understood or heard everything.

I can be helpful to paraphrase e.g. “It sounds like you feel ...”
Try some **Mindfulness**

- It aids concentration
- Improves sleep
- Improves cognitive ability
- 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
- Smiling Mind: Meditation for all ages
- Plum Village: Zen Meditation
- Ten Percent Happier Meditation
- Brethe: Meditation & Sleep
- UCLA Mindful Meditations for well-being
- Headspace: Meditation & Sleep

*Editors' Choice*
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.

Tap into uplifting speakers

Try some of these podcasts
**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.

**Try an online work-out**
Here are two examples to get started:
- *The Body Coach*
- *Get Buzzin’ with Bez*

**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.

**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...

**Yoga or Pilates**
Yoga and Pilates help the mind and body, focusing and relaxing the mind whilst stretching and strengthening muscles.
Choose ways to **Nurture** yourself

- Start writing in a journal
- Blare out your favourite song like no one is listening!
- Get baking!
- Make your favourite meal
- Go out on a discovery venture!
- Or go for a walk in the countryside
- Or do some forest bathing
- Watch the sunrise or sunset
- 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