



# Wellbeing for Life

## Five Ways to Wellbeing



## Learning Outcomes

- To understand the Five Ways to Wellbeing and what they mean.
- Apply the Five Ways to Wellbeing to the people you support and yourself.
- To understand and be able to use the Wellbeing Wheel to improve wellbeing.
- Be aware of risks of deteriorating wellbeing as a person ages.



## What is Wellbeing?

### **Some ideas for what Wellbeing stands for:**

Wellbeing is feeling good about yourself - listen to what your body and mind tells you.

Wellbeing is respecting others around you and being respected by others.

Wellbeing is doing the things you enjoy either on your own or with friends and family.

Wellbeing is having control of your life.

Wellbeing is being listened to when you have something to say.

Wellbeing is about having things to look forward to.

Wellbeing has a positive impact on a person and create lots of different feelings.

## Wellbeing Can...

- Make a person feel cared about.
- Have a positive feeling about the people around them.
- Help a person to feel supported.
- Make a person feel satisfied.
- Make a person feel worthwhile and valued.
- Help with having improved mental health.
- Give a feeling of belonging.





## Things that may Impact our Wellbeing

**Events that happen in a person's life can have a negative effect on their wellbeing, events such as:**

- Loss or bereavement
- Loneliness
- Relationship problems
- Issues at work
- Worries about money
- Friendships
- Lack of sleep

These are just a few examples of things that may affect a person.

Try not to carry these worries alone and if you have someone to talk to it can always make the worry you have feel less of a strain.

*"A problem shared is a problem halved"*





## The Five Ways to Wellbeing

There are five ways to having a good wellbeing; they are often referred to as the Five Ways to Wellbeing.

Connect  
Be active  
Take notice  
Keep learning  
Give





## The Five Ways to Wellbeing



The Five Ways to Wellbeing were created in 2008 after research completed by the New Economics Foundation.

They are a set of evidence-based actions to improve personal wellbeing.

The Five Ways to Wellbeing were created to show that wellbeing does not depend on spending money or consuming more, they are all things within the control of the person and do not depend on anyone else to make them happen.

We are now going to look in to these in a little more depth.





## Connect

It is so important to spend time with people and this is what we mean by connect.

- Make time to spend with your family, friends, colleagues and even your neighbours.
- By just saying hello may make you feel good as well as the person that you are connecting with.
- Building connections with people in your life and around you will give you a good sense of wellbeing.

Being socially active can help to reduce the risk of dementia by:

- Improving your mood
- Relieving stress
- Reducing the risk of depression
- Reducing loneliness





## Be Active

Being active can be as big or small as you like. It can fit into your busy days and existing commitments.

- First, pick an activity that you like, will get pleasure from and suits your level of fitness. It can be a walk to the local park or hula hooping in your garden.
- There are many ways you can be active... Think of things that you already do!
- Exercise has been shown to increase mood and has successfully been used to lower rates of depression and anxiety.

The National guidance on “midlife approaches to delay or prevent the onset of dementia, disability and frailty in later life” from the National Institute for Health and Care Excellence (NICE) recommends reducing the risk of or delaying the onset of disability, dementia and frailty by helping people to be more active. A UK study found that 21.8% of people living with Alzheimer’s disease were estimated to be attributable to physical inactivity. These could potentially be prevented if people were more active.

- So, if you are spending time with others try and think of an activity which involves being active together as it can make you both feel better.



## Take Notice

This is being aware of what is happening around you.

Take in those moments when you see something that is beautiful. Notice the clouds in the sky; the change in seasons; the cold on your face and the sun in the sky. It is about taking a minute to stop and breathe. If there is something that catches your eye, then go and have a look.

Reflecting on your own experiences will allow you time to appreciate things and realise what is important to you. It is also important to take notice if you are feeling unwell or people around you are unwell, as to have good wellbeing you need to be physically well.

If people feel sad, take time to listen to them as sharing can make things feel less scary.





## Keep Learning

It is never too late to learn a new skill, take on a new hobby or pick up an old hobby. If you have been thinking about starting something for a while just do it!

Keeping your brain active and challenged throughout life may help reduce your dementia risk (Health Matters Midlife Approaches to reduce dementia risk 2016).

It could open up new doors in your life!

Take on new responsibilities at work, try a new recipe for dinner or knit that scarf that you have been thinking about doing for a long time. You know what you like and what interests you. If you 'are nervous about joining a new group, then talk to a friend, they might surprise you and want to do it with you.

Learning encourages social interaction and you may meet new people who could open up your circle of friends.



## Give

- Giving straight away generates a feel good factor within you as you see instant gratitude from the person who is receiving your kindness.
- It could be as small as posting a letter or making a cup of tea for someone to giving your time to talk to a person that may lead a lonely life. They will feel included and valued. Offering your help could change someone's day.
- Doing something small for a person can have such a positive impact on everyone involved. All it takes is patience and kindness.
- Smiling can have a positive effect on your mood and can make everyone around you feel better. Smiling is contagious and can lower stress and anxiety, so smile at someone today.
- Simply saying 'Hello!' could make someone's day; you may be the only person that does it.

# The Wellbeing Wheel



## My 5 Ways to Wellbeing Wheel



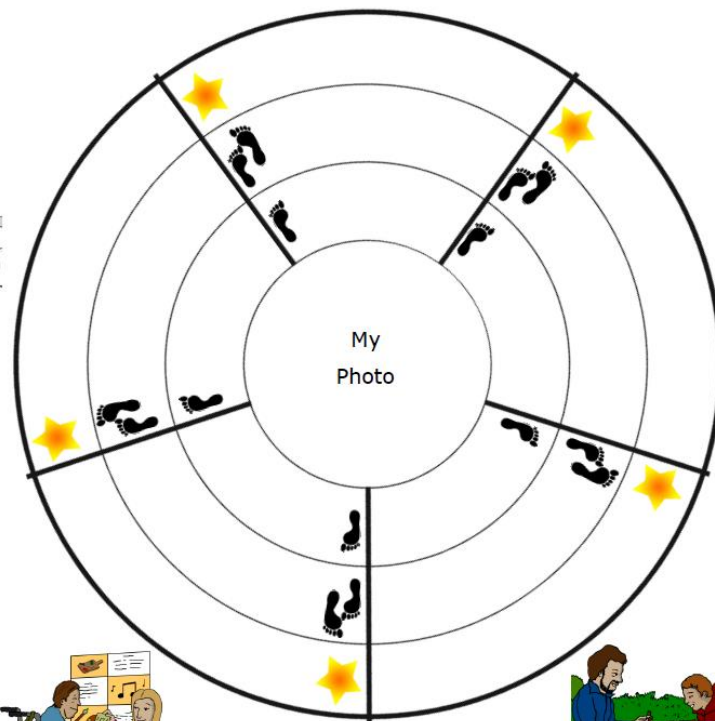
**Connect**



**Give**



**Be Active**



Name

Start date   Finish date



**Keep Learning**



**Take Notice**





## The Wellbeing Wheel

### What is the Wellbeing Wheel?

This is a tool that you can use for yourself and with the people that you support. It gives you a chance to think about what you would like to achieve and how you will achieve it.

When you use this with the person you support, you can support them to think about their wellbeing and the different ways to improve their wellbeing.

The Wellbeing Wheel enables you to write down the actions you and/or the person you support will take to improve their wellbeing.

You could choose the same activity and you could work on it together and when you succeed you can celebrate the good feeling that it would give you both.

When you support a person it is important to think of their wellbeing. Be mindful of the Five Ways to Wellbeing and how to apply them to the person's lifestyle. This could be something you do together.



## Top Tips for Wellbeing

- Set realistic actions.
- Keep it simple and let it be a fun experience.
- Involve the person and make sure it 'is something they enjoy and will make them happy or laugh.
- Keep it cost free. There are so many activities that are free.
- Be creative. If you are struggling then ask people that know that person and you will gather some great ideas.
- Support a person by making small changes rather than one massive leap.
- Celebrate success.
- Listen to their wishes, dreams, and preferences.
- Use “Great Interactions” to encourage a person to want to take part.



## Smiling is Infectious...

### “Smiling is Infectious...”

*Smiling is infectious; you can catch it like the flu  
When someone smiled at me today, I started smiling too  
I passed it round the corner, and someone saw me grin  
When he smiled, I realised - I'd passed it on to him  
I thought about the smile and realised its worth  
A single smile like mine, could travel round the earth  
If you feel a smile begin, don't leave it undetected  
Let's start an explosion quick - and get the world infected!*

**By Anon**





## Supporting Someone's Wellbeing

If you are supporting a person and they have any existing hobbies think about using one of them to improve their wellbeing.

For example: a person has an interest in dance but can no longer participate due to a long term injury.

So think about how the person could still have dance in their life?

It could be that they access a softer type of dance that would now suit their needs better?  
or go and watch a performance at the local arts centre or theatre?

*By doing one of the above you could help the person be active, connect within their community and they can continue to keep learning.*



## Supporting Someone's Wellbeing

The Alzheimer's Society says that when a person with dementia finds that their mental abilities are declining, they often feel vulnerable and in need of reassurance and support. There is much that you can do to make life easier and more enjoyable, both now and in the future.

### **How someone's wellbeing may deteriorate as a person gets older:**

- A person's wellbeing can change as they get older.
- A person who is living with dementia may experience many different feelings which are new, and things that the person used to enjoy and gave them a good feeling may have changed.
- So you must have a flexible approach and at times think of new ways to make the person feel good about themselves.



## Supporting Someone's Wellbeing

Changes that you may see if a person starts to deteriorate can be:

- Not interested in personal hygiene
- Not wanting to engage with social events
- More prone to falling
- Less interested in food and drink
- Personal relationships may be affected

If you start to see changes that are not normal for the person you support, this could be due to their diagnosis of dementia.

Always revisit what a person once liked as it may just be that day or time that you tried to engage the person just wasn't the right time.



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