

# Take5

steps to wellbeing

# Ideas for you to feel good and be well

**Belfast edition**



Connect



# What is Take 5 steps to wellbeing

Keep learning



**Take 5** steps to wellbeing can:

- Improve your mood
- Help you cope when life doesn't go to plan
- Strengthen your relationships.

Be active



This booklet will give you:

- Ideas of activities for each step
- Examples of services in your area to help you **Take 5**
- Information on stress, poor mental health, suicide and self harm.

Take notice



**Take 5 activities can be done by everyone**

**They can be fun, quick and free**

**You are probably already doing some of them**

Give



The five ways to wellbeing were developed by the New Economics Foundation  
Take 5 logo artwork designed in association with Belfast Strategic Partnership

# Connect

Connect with the people around you: family, friends, colleagues and neighbours. Spend time developing these relationships. They will support and enrich you every day. We connect when we feel able to be ourselves, share our thoughts or feelings, or share a new experience together.

**If you are supporting others, balance this with connections which support you.**

- Connect with other people:
  - phone, message, email or text
  - eat a meal together
  - join a support group (online or in person)
- Connect with nature, pets or animals
- Connect with your spiritual needs.



## Get connecting

**For men:** Men's Sheds: Groups for men to learn new skills (like woodwork) and have a chat [www.menssheds.ie](http://www.menssheds.ie) 028 9074 9494

**For the elderly or vulnerable:** Good Morning: Free community-based telephone support service [www.goodmorningni.org](http://www.goodmorningni.org) 028 9075 1070

**Support groups and organisations:** [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) (aimed at families but many organisations will be helpful to others)

**Relationship counselling and support:** Relate: (for all relationships): [www.relateni.org](http://www.relateni.org) 028 9032 3454

# Keep learning

Try something new. Rediscover an old hobby or sign up for a course. Fix a bike, learn to play an instrument or how to cook your favourite food. Learning new things is fun and will make you more confident.

- Ask someone to teach you how to do something or about a topic which interests you
- Sign up for a local course or class
- Search the internet for information, tips or online courses
- Visit your local library
- Visit a museum/ exhibition
- Ask someone a question about themselves.



## Get learning

**Local courses:** Many courses are provided free of charge. Search online for local courses or visit your local community centre

[www.belfastcity.gov.uk/community](http://www.belfastcity.gov.uk/community)

**Local library details:** [www.librariesni.org.uk](http://www.librariesni.org.uk) 0345 450 4580

**Search 'How to...'** on sites such as [www.google.com](http://www.google.com) or

[www.youtube.com](http://www.youtube.com)

# Be active



Go for a walk, run, swim or cycle. Play a game, dance or do some gardening. Exercising makes you feel good. Choose an activity that you enjoy, one that suits your mobility and fitness.

- You can do exercises in a chair or lying down if needed
- Fit it into your daily routine:
  - Get off the bus a stop early and walk
  - Swap the lift for the stairs
  - Meet a friend for a walk instead of a coffee.



## Get active

**Leisure Centres:** Visit [www.belfastcity.gov.uk/leisure](http://www.belfastcity.gov.uk/leisure) (028 9032 0202) for details of local leisure centres and more information on:

- Discounts available for people with disabilities, people receiving benefits, students and senior citizens
- Healthwise scheme: 12 weeks free membership for people with certain health problems (referral required)
- Parks, community gardens and outdoor gyms

**Exercise guides:** Visit [www.nhs.uk/fitness](http://www.nhs.uk/fitness) for 'sitting exercises', 'fitness advice for wheelchair users', 'physical activity guidelines for children', 'NHS fitness studio' (free home exercise videos) and much more

**Green gyms:** Visit [www.tcv.org.uk](http://www.tcv.org.uk) for details of the Green Gym sessions: fun, free, outdoor sessions creating green spaces for communities

# Take notice



Stop, pause, take a moment to look around you. What can you see, feel, smell, hear or taste? Look for the new, unusual or extraordinary in your everyday life. Think about how that makes you feel. Some people call taking notice 'mindfulness'.

- Take photos of the seasons changing
- Practice slow breathing
- Try a task you need to focus on eg. crochet or mindful colouring in
- Notice your thoughts and feelings
- Savour the taste of your food
- Before bed ask yourself: What did I do well today? What was good today?
- Beautiful Things Challenge: How many beautiful things can you notice today? (a beautiful sky, a kind stranger, a child's laugh). Have a competition with family or friends.



## Get noticing

**Explore mindfulness:** [www.freemindfulness.org](http://www.freemindfulness.org) or download a free app such as 'Headspace'

**Pilates or yoga classes:** at a leisure centre

[www.belfastcity.gov.uk/leisure](http://www.belfastcity.gov.uk/leisure) 028 9032 0202

**Observe nature:** Visit [www.belfastcity.gov.uk/leisure](http://www.belfastcity.gov.uk/leisure) for Belfast parks and walking routes

**Photography courses:** Search online for local courses

# Give

Do something nice for a friend or stranger. Thank someone, smile, volunteer your time or join a community group. Think of other people. Giving is rewarding and connects you with people around you.

- Give a smile, a compliment, encouragement
- Give a hand eg. encourage others to **Take 5** – arrange activities for children/ elderly, help someone get contact details/ information from the internet, do activities with them
- Give your time, a silent wish or prayer
- Give thanks ie. be grateful for the good in your life
- Give yourself the gift of connecting, learning, being active, or noticing: Fill in a square on the back of your **Take 5** Loyalty card to self.



## Get giving

**Volunteer opportunities:** Details of wide-range of volunteering opportunities at [www.volunteernow.co.uk](http://www.volunteernow.co.uk) 028 9023 2020

**Foodbanks:** Donate food or your time [www.trusselltrust.org](http://www.trusselltrust.org)

**Donate Blood:** Northern Ireland Blood transfusion Service  
[www.nibts.org](http://www.nibts.org) 028 9053 4666 / 0500 534666

# When times are tough



Life will have stressful times. **Take 5** can help you to cope better with stress. Sometimes, despite **Take 5** you can still experience symptoms from stress or mental health difficulties.

## Stress

Stress can affect your thoughts, feelings and behaviour. If you know there is a stressful time ahead, it helps to plan more **Take 5** activities during that time. For more information on stress and tips to manage it visit [www.mindingyourhead.info](http://www.mindingyourhead.info) and find 'Steps to Deal with Stress' under the resources section.



## Poor mental health

1 in 5 people will have a mental health issue during their life – everybody will know someone affected. If you are worried you or someone you know might be suffering from poor mental health talk to your GP. Your GP can assess if further treatment may help including community-based support, talking therapies, medication or psychiatric services. You can get more information at [www.mindingyourhead.info](http://www.mindingyourhead.info)



## Suicide and self harm

Sometimes people can be so distressed they have thoughts about suicide. Given time and the right help and support they can feel better. It is not always possible to tell if someone is thinking of suicide. However some people may show some of the following signs:

# Worried about someone



## What to watch out for:

- Lack of interest in people, work or activities
- Very low mood
- Talking about going away or saying goodbye
- Talking or writing about suicide
- Self-harm or previous suicide attempt
- Sudden change from distress to saying they are 'at peace' or 'okay' (this may indicate that they have decided to end their life by suicide)
- Making 'final' arrangements, eg. giving away possessions

(Not everyone with these signs is thinking of suicide)

If you are concerned about someone you can follow these three steps:

**1 Show you care** 'I'm worried about you and I want to help'

**2 Ask the question** 'Are you having thoughts of suicide?'

(Asking does not give someone the idea. Thoughts of suicide usually develop over a long time. Asking shows you can see their distress. It gives them a chance to talk about something probably frightening them.)

**3 Call for help** 'Let's talk to someone who can help'

If you or someone you know are having thoughts about suicide or self harm:

**Call LIFELINE** free **24/7** on 0808 808 8000 or visit: [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**Call Samaritans** free **24/7** on 116 123

**Contact your GP** Out of hours, North and West Belfast 028 9074 4447

South and East Belfast 028 9079 6220

Connect



Keep learning



Be active



Take notice



Give



# What Take 5 activities will you do?

Choose activities you will enjoy and that can fit into your every-day life.

One activity can count towards more than one step eg. Going for a walk with a friend could count towards connecting, **being active** and **taking notice** (notice the sky, or the birds singing).

Setting **SMART** goals can help you start doing new **Take 5** activities.

**SMART** goals are:

- **Specific:** eg. 'Walk' rather than 'get fit'
- **Measurable:** eg. for 30 minutes, 3 times a week
- **Achievable:** Start small and set goals within your reach
- **Relevant:** Choose changes that make sense for you
- **Timely:** Set a start date eg. after lunch every Monday, Wednesday and Friday, starting this week.

# Take 5 reminder card



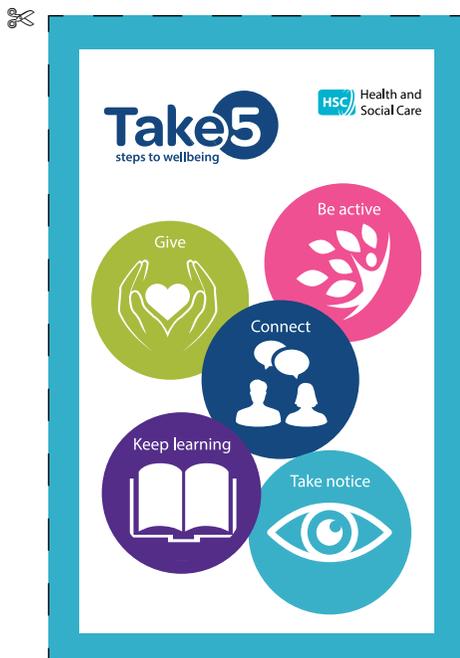
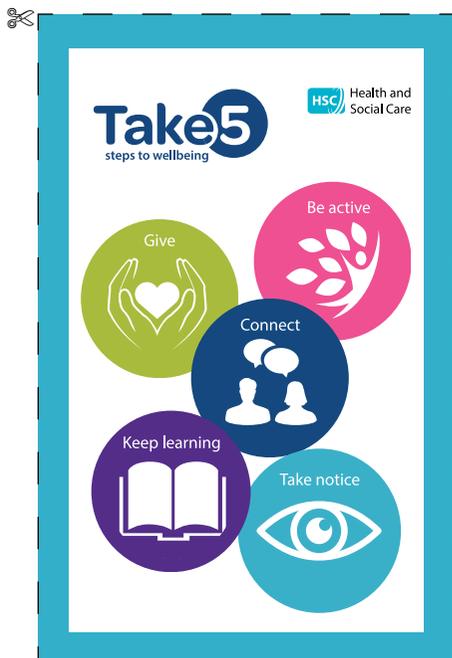
Keep one in your wallet and give one to a friend.

When you see the card ask yourself:

- 'Do I want to do more:

**Connecting, Learning, Being Active, Noticing**  
**or Giving?**

- What would I like to do?'



For further information on  
mental health and wellbeing visit  
[www.mindingyourhead.info](http://www.mindingyourhead.info)



Public Health Agency  
12–22 Linenhall Street  
Belfast BT2 8HS  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

**What Take 5 steps  
have I taken?**  
Tick or colour boxes



--	--	--	--	--	--



--	--	--	--	--	--



--	--	--	--	--	--



--	--	--	--	--	--



--	--	--	--	--	--

**What Take 5 steps  
have I taken?**  
Tick or colour boxes



--	--	--	--	--	--



--	--	--	--	--	--



--	--	--	--	--	--



--	--	--	--	--	--



--	--	--	--	--	--