



Take 5 steps to wellbeing

A guide for practitioners



Connect



Keep learning



Be active



Take notice



Give

Supporting behaviour change

Many people make lifestyle changes without any type of formal support. They will hear the messages in things like **Take 5 steps to wellbeing** and make good use of them. For lots of different reasons, others will not. For these people knowledge alone may not be enough to achieve behaviour change, especially when it comes to lifestyle changes.

We can be unsure about change; we can have reasons for making changes but equally reasons against making a change. It is important to note that uncertainty is normal and our confidence about making any personal changes is linked to that.

People who are uncertain about change have a tendency to present arguments from the opposing side. Therefore, with the best intentions, the practitioner states the reasons for initiating change and the natural tendency of the person is to state the reasons for not initiating change. They can literally talk themselves out of change.

Your approach as a practitioner

To be effective in promoting Take 5 through conversations you have with people, it will help to look at what you do and how you do it.



What works?

- Open-ended questions: questions that cannot be answered with a 'yes' or 'no'
- Affirmation: 'you told me you tried to change before - that shows great determination'
- Normalisation: helps people feel validated and that they are not alone
 - 'many people tell me they feel like you'
- Reflective listening: using words to let the person know you have heard what they said
 - 'so you are saying.' 'it sounds like...'
- Empathy: let the person know you understand or are trying to understand how it feels for them

What does not work?

- Trying to fix things
- Giving advice
- Giving suggestions: from you, not them
- Giving opinions : from you, not theirs
- Adding 'but' in conversations

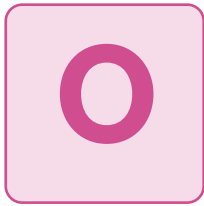
What keeps change going?

- Motivation: people see the benefits, it fits with their values and goals
- Self-regulation: they pay attention to what they are feeling, thinking and doing
- Building new habits: they build on their successes and get back on track if they slip
- Resources: they are aware of their struggle and ways of looking after themselves; rest, sleep, diet, physical activity and relaxation/fun
- Support: there are people and activities that support them in what they want to achieve

A model for effective conversations

To guide more effective conversations we are using the acronym OPEN OCEAN*. "OPEN" (what to do) "OCEAN" (how to do it). It is a guiding, supporting, encouraging style of communication (exploring alongside), rather than a directing style (telling, prescribing).

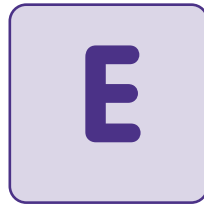
Once the person states that they are ready, using planning tools such as those provided later in this guide will help them make the positive change in their life.



Opportunities:
look for these
to start that
conversation



Permission:
to ask or give
information



Explore:
what are they
already doing,
where does it fit,
also called active
or reflective
listening



Nudge:
have that
conversation



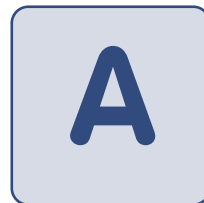
Open questions:
the who, where,
how, when and
what type of
questions that
open up
conversation



Consent:
you ask
permission to ask
about things,
give advice or
give information



Empathic listening:
actively listening,
making sure the
person feels
understood and
cared about



Affirmations:
build on
strengths



Nuggets:
of information,
advice, signposting
to services always
given with consent
and as options
followed by checking
out what they think

Offer, Provide, Explore is a model of giving information. **Offer** (they want it, are able for it, what they already know), **Provide** (neutrally), **Explore** reactions, questions, next steps.

*OPEN OCEAN is a framework developed by Ed Sipler, SEHSCT Health Development / Addictions Specialist and Dr. Rodger Graham Consultant Clinical Psychologist

What Take 5 activities will you do?

You can use the following section to encourage people to start to link the Take 5 steps to wellbeing messages with things they do every day.



Connect



Keep learning



Be active



Take notice



Give

Choose activities you will enjoy and that can fit into your everyday 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.

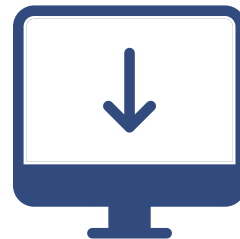
Connect

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.



Feeling close to and valued by other people is a basic human need. Across all ages, relationships and participation in a social life are critical for our wellbeing.

- 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

Men's Sheds: Groups for men to learn new skills (like woodwork) and have a chat: **www.menssheds.ie**

Good Morning: Free community-based telephone support service for older or vulnerable people **www.goodmorningni.org**
Email: info@goodmorningnetwork.co.uk

Support groups and organisations: **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 | Tel: 028 9032 3454

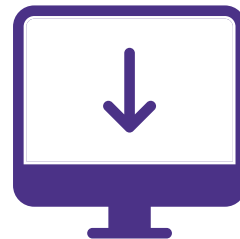
Keep learning



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.

Learning, remaining curious and setting goals is important for all ages. For children, it leads to positive cognitive and social development. For adults, learning includes elements of goal-setting, which is strongly associated with higher levels of wellbeing.

- Ask someone to teach you how to do something or find out 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 are provided free of charge. Search online for local courses or visit your local community centre.

Local library details: www.librariesni.org.uk | 0345 450 4580

Search 'How to ... ' on sites such as www.google.com | www.youtube.com

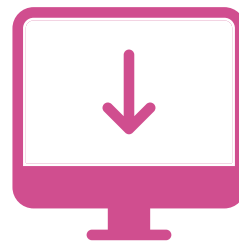
Be active

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.



Research shows a strong correlation between physical activity and increased wellbeing, as well as lower rates of depression and anxiety. It is now viewed as essential for people of all ages and has been shown to slow age related cognitive decline.

- You can do exercises in a chair or lying down if needed
- Fit activity 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

Find out what is on at your local leisure centre. There may be discounts available for a range of people including those with disabilities, in receipt of benefits, students and senior citizens.

Your local park, community garden and outdoor gym are also good ways to get active.

Exercise guides: Visit 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.

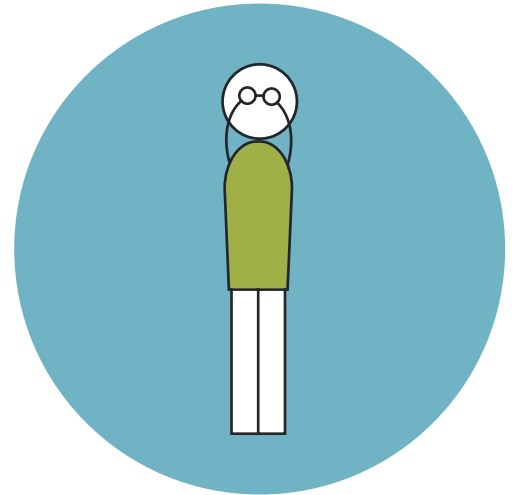
Green gyms: Visit www.tcv.org.uk for details of the Green Gym sessions: fun, free, outdoor sessions creating green spaces for communities.

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.

Developing skills that increase awareness of what is immediately happening - both physically and mentally, within and around us - can improve our wellbeing.

- Take photos of the seasons changing
- Practise 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 or download a free app such as '**Headspace**'

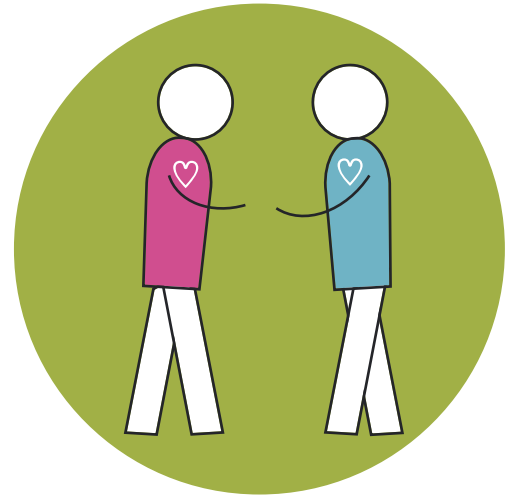
Find a pilates or yoga class.

Observe nature in a park or on walking routes.

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

Give

Do something nice for someone else. 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.



Giving is more than just the sharing of material things with others. It is about cultivating a spirit of generosity and promoting active participation in social and community life.

- Give a smile, a compliment, encouragement
- Give a hand eg. encourage others to Take 5
 - arrange activities for children or older people, 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 reminder card (see page 32).



Get giving






Volunteer opportunities: Details of volunteering opportunities at www.volunteernow.co.uk | Tel: 028 9023 2020

Foodbanks: Donate food or your time www.trusselltrust.org

Donate Blood: **Northern Ireland Blood Transfusion Service**
www.nibts.org | Tel: 028 9053 4666 | 0500 534666

My Take 5 steps to wellbeing self-assessment - part 1

The Take 5 messages are things that are easily achievable for anyone to incorporate in their everyday lives and you are probably doing some of these things already. Think about each of the Take 5 messages and what you have done recently.

	What are the things you are already doing?	What benefits do you get from these things?
 Connect		
 Keep learning		
 Be active		
 Take notice		
 Give		








It is important to start where a person is at and to recognise the strengths and assets they already have. Reflecting on what benefits they get from these, will help them validate linkages between the activity and how they feel or function. Completing this exercise has benefits in itself as it helps the person to see how the Take 5 steps to wellbeing messages are already supporting them. It can also be helpful to demonstrate how the messages can be easily incorporated in their daily life. The exercise can be used to identify the things that they wish to continue to do or do more of.

My Take 5 steps to wellbeing self-assessment - part 2



Think about what things you would want to continue doing or do more of. Are there other things that you would like to do that would be of benefit to you? It is important to set goals that are achievable so think about what could make it hard for you to do them and also what would help or support you to achieve them. Review your progress after a few days or weeks to see how well you are doing in meeting your goals.

	Goals What else would you want to do and when?	Obstacles What would make it difficult for you to do this?	Supports What would help you to do this?	Review How well are you doing?
 Connect				
 Keep learning				
 Be active				
 Take notice				
 Give				

Take 5 steps to wellbeing star

Start this exercise by completing the sections on the next page and mark your score on the wellbeing star below starting at the centre.

i The Star exercise is similar to the self-assessment, it allows the person to acknowledge things in their life that support the Take 5 messages and can be used as a prompt for considering further actions. This tool will show which of the Take 5 messages are more present in their daily lives and can be used to support reflection on this. It is important that practitioners relate that the more of the Take 5 steps that are incorporated into daily life, the better outcomes for the individual.

Your name:

Date completed:



Connect



Give



Keep learning

Start here



Take notice



Be active

The more of the Take 5 steps that you can do, the better!

Take 5 steps to wellbeing star

In the last week / month how many of the activities listed below have you done?

Count how many in each category and mark your result on your star.

Count the circles out from the centre and mark your score for each.



Connect

- At home
- Close family
- Extended family
- Friends
- Colleagues
- At work / school / church / group
- Neighbours
- In your community
- Say hello to someone
- A professional (Dr., chemist etc.)
- Another



Keep learning

- Watch a documentary
- Read a book
- Try something new
- Rediscover an old interest
- Sign up for / do a course
- Take on a different responsibility
- Fix something
- Learn to play / sing a tune
- Cook a different recipe
- Set yourself a challenge
- Another



Be active

- Walk
- Run
- Housework
- DIY
- Cycle
- Played a game
- Garden
- Dance
- Exercise
- Went to the shops
- Another



Take notice

- Be curious
- Savour the moment
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Taste your food
- Have a conversation
- Watch and listen to the news
- Be aware of the world around you
- Reflect on your experiences
- Another



Give

- Do something nice for a friend
- Do a random act of kindness
- Thank someone
- Smile
- Volunteer your time
- Be active in a community group
- Donate unwanted items
- Visit a neighbour
- Feed the birds
- A compliment
- Another

Take 5 steps to wellbeing readiness ruler



This resource can be used to support the Take 5 messages and conversations about taking specific actions. It allows the person to assess where they are at in relation to their motivation for change and their capability and confidence in achieving it. High scores can validate planned change for the person or prompt discussion about what will help them maintain change. Low scores can be a prompt to reflect on whether these are the right actions for them, the barriers to achieving the change and what would help them improve that.

If you are considering making a change in your life in some way then you are more likely to be able to achieve this if it is something you really want to do and you feel confident in being able to do it. Mark how you feel about this right now on the scales below. Think about why you have rated it this way and whether there are things that would help increase your score.

How important is it for me to do this?

Not at all important

Somewhat important

Extremely important

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How important is it for me to do this?

Cannot do at all

Maybe can do

Definitely can do

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My Take 5 steps to wellbeing pledge



How will you Take 5? Put as much or as little in the pledge as you like.

I will...








The pledge is an affirmation of what a person intends to do to use the Take 5 messages in their lives. It could be used by individuals as a visible reminder to them of their goal or commitment. It is also useful in group exercises, or could be put on display in a centre or workplace to share ideas about things that people can do.

Take 5 reminder card

Week commencing:

Put in the date at "week commencing". Each day fill in one section of the circles every time you do something relating to one of the Take 5 messages. Do this every day for the whole week. Then count up the shaded sections and put your total in the circle at the end. Use the card to remind you of what you have done and to think about what more you would like to do.






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
 Take notice								
 Give								



Take 5 reminder card

Week commencing:

Put in the date at "week commencing". Each day fill in one section of the circles every time you do something relating to one of the Take 5 messages. Do this every day for the whole week. Then count up the shaded sections and put your total in the circle at the end. Use the card to remind you of what you have done and to think about what more you would like to do.






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
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Take 5 reminder card

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
 Take notice								
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Take 5 reminder card

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Put in the date at "week commencing". Each day fill in one section of the circles every time you do something relating to one of the Take 5 messages. Do this every day for the whole week. Then count up the shaded sections and put your total in the circle at the end. Use the card to remind you of what you have done and to think about what more you would like to do.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
 Take notice								
 Give								

