

Welfare Awareness Topic: Wellbeing

Overview – *Wellbeing encompasses both physical and mental health, and is defined by the state of being comfortable, healthy, or happy. Wellbeing encompasses how we feel about ourselves, the quality of the relationships that we have with other people, and our sense of purpose.*

You've probably heard the word Wellbeing bounced around, it's a bit of a buzzword at the moment but it's actually a great term. It encompasses both physical and mental health because it is so important that both of these issues are given the same prominence! The NHS and Mind have outlined the 5 steps you can take to improve your mental health and wellbeing:

- **Connect with other people**- having good relationships is an important aspect for your wellbeing, it helps you build a sense of belonging, to share positive experiences, and provides emotional support and allows you to support others. Try take time each day to be with friends or family, like eating dinner together, or arranging a day out with friends you have not seen for a while. Remember to not rely on technology or social media alone to build relationships, but do utilize technology to stay in touch with friends and family.
- **Be physically active**- we have another welfare topic on physical health that outlines some tips for physical health and wellbeing, and being physically active is a great way to improve your all round wellbeing. This will be stuff like finding activities to help you get fit, and remembering to try to some form of physical activity every day.
- **Learn new skills**- research shows that learning new skills can improve your mental wellbeing by boosting your self-esteem and helping build a sense of purpose, as well as potentially connecting you with others. This can be skills like learning to cook something new, taking on a new responsibility at work, working on a DIY project, signing up for an online course, or trying a new hobby like writing or painting!
- **Give to others**- acts of giving and kindness can also help improve your wellbeing, giving positive feelings and a sense of reward and self-worth. This could be by volunteering in your community, connecting with family or friends who might need support or company, or offering to help someone you know with a project.
- **Practice Mindfulness**- paying attention to the present moment and practicing mindfulness can improve your wellbeing: read more about mindfulness [here](#).

Article/Source

- [Find out how to volunteer](#) at a local school, hospital or community group on the GOV.UK website.
- There are ideas on the NHS for [free activities to help you get fit](#), and [getting started with exercise](#), if you have a disability or long-term health condition, find out about [getting active with a disability](#) here.
- Find out about [healthy eating and cooking tips](#) here, and try learning to cook something new!
- The mental health charity Mind also offer information about the [5 ways to wellbeing](#).
- [Health in Mind](#) also have wellbeing resources, with info on [Creative Wellbeing](#), [Mindfulness and Relaxation](#), [Winter Wellbeing](#), and [Wellbeing and nature](#).

Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team then please get in touch: safeguarding@bpp.com