

FIVE WAYS TO POSITIVE *Wellbeing*

#QMConnect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Use apps like Whats app video call, Zoom, Google meet to connect with family and friends.
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is.

Send photos to your Tutor of how you #QMConnect this week

#QMTakeNotice

Reminding yourself to "take notice" can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

- Take care of the plants in your garden
- Have a "clear the clutter" day
- Take notice of how your family are feeling or acting
- Take a different route on your permitted daily exercise
- Notice the change in the season to spring and summer.

Send a photo to your Tutor of how you have carried out #QMTakeNotice

#QMGive

Participation in social and community life has attracted a lot of attention in the field of wellbeing research.

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

There is much opportunity at the moment to help your community.

- Take shopping to someone who is shielding
- Video call elderly friends or family to prevent loneliness.

Send a photo to your Tutor of how you have carried out #QMGive



#BeActive

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

It is important that you use your 60 minutes of exercise daily. 'Green' or exercise outdoors, has even more positive mental health benefits.

- Go for a run
- Go for a walk
- Go for a cycle

If it isn't possible to get outside, you can do some of the following:

- Joe Wicks PE lessons.

Send photos to your Tutor of how you are #QMBeActive

#QMLearn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Anecdotal evidence suggests that the opportunity to engage in productive, or educational activities particularly helps to give people structure and purpose to their day.

The practice of setting goals, has been strongly associated with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Keep on top of your school work
- Set yourself two productive targets to complete daily
- Look on line at the vast amount of courses which are available
- Watch a live streamed show
- Virtually visit the many galleries and museums which have 'opened' their virtual doors.

Send a photo to your Tutor of how you have carried out #QMLearn