

The Five Ways to Wellbeing is a proven model for boosting and protecting your wellbeing. Taking actions in each area can help with finding balance, building resilience and boosting your mental health and wellbeing. Experiment with what works for you.

## About

### Why the Five Ways to Wellbeing?

Each of us have a role in looking after our own and each other's wellbeing, but it can be hard to know where to start. The Five Ways to Wellbeing model provides an evidence-based way for us to build everyday actions that protect our mental health. It's flexible, so it can be adapted to suit our diverse needs.

### A shared responsibility

Mental health and wellbeing is important for life, study and work. As an organisation we are building a culture that fosters positive mental health and supports those in need. We have mapped out a five-year Strategic Plan for Action to build mental wellbeing.

Our plan addresses some of the organisational elements that influence student and staff health and wellbeing. It includes initiatives to assist us as individuals to take action too.

### Background

The Five Ways to Wellbeing were developed by the New Economics Foundation (NEF) on behalf of the Foresight Commission in the UK. They have been used by many organisations including the Royal Melbourne Hospital and the NZ Mental Health Foundation.

[Read the NEF's report on the Five Ways to Wellbeing](#)

## Take notice

**Remember the simple things that give you joy.**

Why it works

Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Take action

- Ask yourself what you are grateful for or what made you smile today
- Notice how you are sleeping. Try not to turn on the TV or take your device to bed
- Take notice of the changing seasons and get busy in the garden

[Try a free meditation from Headspace](#)



## Be active

Do what you can, enjoy what you do, move your mood.

Why it works

Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

Take action

- Try an online fitness or dance class
- Get your running shoes out and see how far you can go
- Walk somewhere you would normally drive

[Discover fitness activities online on Youtube](#)



## Keep learning

Embrace new experiences, see new opportunities, surprise yourself.

Why it works

Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Take action

- Talk to your relatives or Elders and find out more about their story
- Watch an interesting documentary or listen to a podcast
- Learn a new recipe

[Explore your University's library's video and audio collections](#)



## Connect

**Talk and listen, be there, feel connected.**

Why it works

Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

Take action

- Haven't seen a friend in a while? Call or text them to see what they are up to
- Reach out to a neighbour or colleague and ask them how they are going
- Join a group that shares your interests e.g. a club, online fitness class or social media group

**Find an online group that shares your interests:-**

- [Eventbrite](#)
- [Meetup](#)



## Give

**Your time, your words, your presence.**

Why it works

Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Take action

- Say, “good on ya mate” or “noon gudgin” (thank you). It only takes a second, but it can make someone’s day
- Cook your partner or housemate a surprise dinner
- Give your time or your skills by volunteering

[Explore volunteering opportunities](#)

