

# **Everybody takes care of their Health and Wellbeing**

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Wellbeing**

# 5 Ways to Wellbeing



# Take Notice...

- Be curious
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Savour the moment, whether you are walking to work, eating lunch or talking to friends
- Be aware of the world around you and what you are feeling
- Reflecting on your experiences will help you appreciate what matters to you

# Connect...

- With the people around you
- With family and friends, colleagues and neighbours
- At home, work, school or your local community
- Think of these as the cornerstones of your life and invest time in developing them
- Building these connections will support and enrich you every day

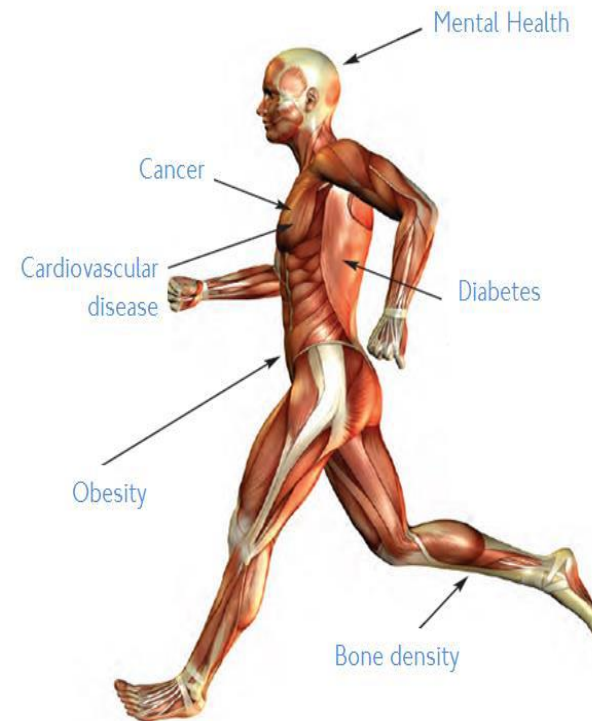
# Give...

- Do something nice for a friend, or a stranger
- Thank someone
- Smile
- Volunteer your time
- Join a community group
- Look out as well as in
- Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you

# Be Active...

A person who is **active every day** reduces their risk of:

Type 2 diabetes	Depression
35-50% ▼	20-30% ▼
Coronary heart disease	Alzheimer's disease
20-35% ▼	20-35% ▼
Hip fracture	Breast cancer
36-68% ▼	20% ▼
Death	Colon cancer
20-35% ▼	30-50% ▼



# Keep Learning...

- Try something new
- Rediscover an old interest
- Sign up for that course
- Take on a different responsibility at work
- Fix a bike
- Learn to play an instrument or how to cook your favourite food
- Set a challenge you will enjoy achieving
- Learning new things will make you more confident as well as being fun

# Physical risk factors

## Two main risks:

- Manual handling (lifting, pushing, pulling)
- Prolonged postures (driving, DSE, standing)

## What can you do:

- Move, regularly change position
- Stretch and walk
- Manual handling techniques – bend knees
- Adjust seat for posture & support
- <http://drivingergonomics.lboro.ac.uk>



