

## Support in the workplace around wellbeing - The 5 Ways



Research indicates that there are five steps you can implement to enhance your mental health and overall well-being. Engaging in these activities has the potential to boost positivity and enable you to fully embrace life. Applying the 5 Ways to Wellbeing in the workplace can look different for everyone, and there's no one-size-fits-all approach. This guide is here to help you get started and find what suits you best.

### Support Organisations

**Campaign Against Living Miserably (CALM)** - [www.thecalmzone.net](http://www.thecalmzone.net) - 0800 585858 - Helpline, support chat, WhatsApp & online guides for anyone finding life tough or feeling suicidal.

**SHOUT** - [www.giveusashout.org](http://www.giveusashout.org) - 85258 - Free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. Text 'SHOUT' to 85258.

**Samaritans** - [www.samaritans.org](http://www.samaritans.org) - 116 123 - 24/7/365 telephone, chat and email support for anyone who needs someone to talk to.

**SANEline** - [www.sane.org.uk](http://www.sane.org.uk) - 0300 304 7000 - 4:30-10pm support line for anyone experiencing a mental health problem or those supporting someone who is.

### Connect with others

Establishing meaningful connections is vital for your mental wellbeing. These connections can foster a sense of belonging and enhance self-esteem and offer opportunities to share uplifting experiences. They can also provide emotional support and create avenues for reciprocal support.

### Be physically active

Active lifestyles have been shown to bolster self-esteem, empower individuals to set and conquer goals or challenges, and induce chemical changes in the brain that contribute to positive shifts in mood.

### Learn

Research indicates that acquiring new skills, whether that's via a short video or a formal course, can significantly enhance your mental wellbeing. This process has been shown to elevate self-confidence and self-esteem, imbue individuals with a sense of purpose, and facilitate connections with others.

### Give

Research suggests that engaging in acts of giving (big or small!) generate positive emotions and a sense of reward, fostering feelings of purpose and self-worth. Additionally, they facilitate connections with others, further enriching your social bonds and support networks.

### Notice

Being mindful of the present moment can greatly improve your mental well-being. This practice, often known as mindfulness, helps you appreciate life more and understand yourself better. It can positively change your outlook on life and how you approach challenges.

Interested in learning more about wellbeing in the workplace? Visit [www.thelearning-well.com](http://www.thelearning-well.com) to learn more about our engaging educational workplace training.