Follow the 5 ways to wellbeing

Evidence suggests there are 5 steps you can take to help improve your mental health and wellbeing. These are to connect, be active, take notice, keep learning and to give.

Connect

It is important to keep connected with your loved one whilst social distancing and isolating. Below are some tips on how to do this virtually:

* Use video calling to chat to friends and family who would usually see
* Organise to watch the same TV show or to read the same book as someone else and discuss this over the phone
* If you have Netflix, join Netflix Party and chat to your friends whilst watching a movie or show together

Be active

Physical activity makes you feel good. You can exercise at home no matter your level of mobility and fitness. Below are some examples and helpful links for all ages:

* For those with mobility issues: [chair based exercise video](https://www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video/)
* For those with children who will be missing out on Physical Education classes in school, Joe Wicks (The Body Coach) will be hosting 30-minute exercise classes for children Monday – Friday at 9am. These workouts can be done at home by tuning into his [YouTube channel](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)
* For those who are missing exercising at our sports centres, some centres are sharing exercise routines using social media.
* Other ways of having physical activity in your daily routine include sitting less, cleaning your house, gardening and dancing to music.

Keep learning

Research shows that learning new skills can help improve your mental wellbeing by raising self-esteem, helping to build a sense of purpose and helping you to connect with others. You could:

* Try cooking a new [healthy recipe](https://www.nhs.uk/live-well/eat-well/?tabname=recipes-and-tips)
* Work on a DIY project
* Absorb new material; read books, magazines and articles. Listen to podcasts, watch new films and television programmes. All Richmond Libraries customers can access e-books, audiobooks and e-magazines for free using their library card number and pin.
* Enrol to a free online course on [OpenLearn](https://www.open.edu/openlearn/free-courses/full-catalogue)
* Download an app such as [Duolingo](https://www.duolingo.com/) and try learning a new language

Take notice

Pay attention to the present moment – to your own thoughts and feelings, and to the world around you.

* If you are working from home, take notice of your colleagues are feeling when speaking to them on the phone
* Open a window to let fresh air circulate in your home
* Write down your thoughts and feelings
* Create a plan for how you could reduce your carbon footprint
* For general tips and more information on how to be mindful, visit the [NHS website](https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/)

Give

Acts of giving and kindness can be incredibly rewarding. You could:

* Ask your friends, family or colleagues how they are and really listen to their answer
* If you can afford to, donate to charity
* Help local efforts to support others. Find out more on [how you can help](https://www.richmond.gov.uk/services/wellbeing_and_lifestyle/health_protection_information/coronavirus_information/how_you_can_help)

Helpful links

* [MIND’s top tips on coronavirus and your wellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse0db05)
* [Follow NHS advice on looking after your mental wellbeing while staying at home](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/)
* [Download NHS suggested mental health apps](https://www.nhs.uk/apps-library/category/mental-health/)
* [Anxiety UK are holding regular webinars to help with anxiety around coronavirus](https://www.anxietyuk.org.uk/coronanxiety-support-resources/)