

Supporting the anxiety

<p align="center">Supporting approach</p> <p align="center">‘The 5 Ways to Wellbeing’</p>	<p align="center">Making it successful</p>	<p align="center">Resources</p>
<p>This is a universal approach which identifies 5 evidence-based actions that we can all take to improve our mental wellbeing;</p> <ul style="list-style-type: none"> • CONNECT • BE ACTIVE • TAKE NOTICE • KEEP LEARNING • GIVE  <p>The approach originated from a large scale review of the current knowledge on mental health and wellbeing carried out between July 2006 and October 2008 by the UK government's future think-tank Foresight. Foresight commissioned New Economics Foundation (NEF) to look at the evidence and identify the daily activities that support people to live their lives in a happier way. The key findings included:</p> <ul style="list-style-type: none"> • Small improvements in wellbeing can increase our ability to lead a more fulfilling life. • Each action in the Five Ways to Wellbeing can make a positive difference to your life. • People are probably doing some of these actions already without being aware of it. • To get the most from the Five Ways to Wellbeing, people are encouraged to try to combine all of them on a daily basis. <p>https://neweconomics.org/2008/10/five-ways-to-wellbeing</p>	<p>The 5 Ways to Wellbeing Framework is a very useful way of structuring your time making sure you are striking a balance between all 5 actions.</p> <ul style="list-style-type: none"> • Create a rich description of the activity under each action. Use curious questioning to illicit what the child/young person is already doing • Under each action, generate ideas of what they could try now or in the future. • Encourage the person to think of activities that can incorporate many of the elements at the same time. <p>These two actions may be enough or it may be more effective to follow the other steps below:</p> <ul style="list-style-type: none"> • Use 1-10 scaling to generate a baseline score in each area. If these scores are plotted on a circle diagram (like the wellbeing wheel) then it is easy to see how balanced the activities are between headings. The aim is to have a well-rounded circle even if the scores are initially low. • Now the person can challenge themselves to increase their scaled scores across the different actions over the coming weeks. <p>Bear in mind the type of activities, the scale scores, the challenges reflect a personal journey and there are no correct/incorrect responses. Everyone needs to think about their own interests, abilities, values etc.</p>	<p>From the original report, NEF produced 5 postcards outlining each of the 5 actions which can be downloaded from the NEF website. https://neweconomics.org/2008/10/five-ways-to-wellbeing-the-postcards</p> <p>The Children's Society UK have developed a set of postcards for parents with ideas to support their children's wellbeing. https://www.childrensociety.org.uk/what-we-do/research/well-being/ways-well-being</p> <p>The approach is endorsed by the UK government, NHS, and a range of mental health charities. All of these organisations have information on their websites about the approach and access to downloadable resources.</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/</p> <p>https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</p>