



Connect



Be active



Give



Take notice

Our five ways to wellbeing



Learn

In Fife, we recognise that the emotional wellbeing of our young people matters. Emotional health is as important as general health and wellbeing. For more information on supporting young people's emotional wellbeing visit: [fifedirect.org.uk/ourmindsmatter](https://www.fifedirect.org.uk/ourmindsmatter)

Here are our five ways to wellbeing:



Connect

People with strong and wide-ranging relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support, and increase our feelings of self-worth.

Friendships bring a sense of belonging, so taking action to strengthen our relationships and build connections is essential for emotional wellbeing.



Be Active

Keeping active helps your mind and body. Small, positive changes can make a difference. People who do regular physical activity have a lower risk of diseases and physical activity can boost self-esteem, mood, sleep quality and energy.

Adults should aim for 30 minutes and children 60 minutes of activity most days.



Give

Giving is about helping others with kindness. It is not only good for them and a worthy thing to do, it also makes us happier and healthier as it helps lower stress and anxiety.

Volunteering can be a good way of helping others.

When you give, you're more likely to get back and remember it is particularly helpful to be kind to ourselves.



Take Notice

Life can feel fast paced and stressful sometimes, so time spent on looking after ourselves is important. Try to find ways to take notice of things like diet, sleep, your thoughts and feelings and to be aware of the here and now. Some people call this being 'mindful'. Focusing on positives can change the way we feel about life and how we approach challenges.



Learn

The human brain is most happy when we are working towards a goal. This can be anything from learning a new language or taking part in sport, work or music.

Research has shown learning something new makes us feel better about ourselves, feel more confident, reduces the risk of depression, anxiety and sleep disorders.

There are lots of ways to keep connected, keep active, give, take notice and learn in Fife:

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onyourdoorstepfife.org

nhs.uk/livewell

fifevoluntaryaction.org.uk

communityuse.fife.scot

fife.ac.uk

youthspacefife.co.uk

young.scot

fifeleisure.org.uk

onfife.com

eatbetterfeelbetter.co.uk

moodcafe.co.uk

stopbreathethink.com

calm.com

headspace.com

These are just a few examples, there are many more.



Fife's Community Planning Partners: Fife Council • NHS Fife • Fife's Voluntary Sector • Police Scotland • Scottish Fire & Rescue Service • Fife College • Scottish Enterprise • St Andrews University • SEStran • Skills Development Scotland • Scottish Government. **Working together to deliver our Community Plan and strengthen Fife's future.**
www.fifedirect.org.uk/communityplanning