

TAKE 5 FOR WELLBEING

1 Connect



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others. Good relationships can also help us to build a sense of belonging, and self-worth, give us an opportunity to share positive experiences, provide emotional support and allow us to help support others.

2 Keep Moving



Moving your body in a way that feels good to you is proven to improve your mood and pave the way for wellbeing by raising self-esteem, helping you to set goals or challenges and achieve them, and causes chemical changes in your brain to positively change your mood—pick a way that fits your own unique interests and level of mobility.

3 Take Notice



Taking notice of your thoughts, emotions, and surroundings is a great way to stay present and pay attention to your needs and can improve mental wellbeing. This mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges, stress or adversity.

4 Give



Research has found that acts of giving kindness can help to improve your mental wellbeing by creating a positive feeling and sense of reward, give you a feeling of purpose or self-worth, and help you connect with others.

5 Keep Learning



Learning new things or engaging in a new or fun activity is a good way to boost self confidence and meet new people, which can improve mental health and wellbeing.

HOW WILL YOU TAKE 5 TODAY?

1 Connect Ideas



- Send a text, email, or a snail mail note, letting someone know how much you care about them or what they mean to you
- Make a fun date with your favorite person or persons
- Join an activity in your area of interest or volunteer at an organization that is meaningful to you
- Sign up for a peer support session or book time with your mentor
<https://uwmedicine.org/uwcare4u>

2 Keep Moving Ideas



- Play a boxing game like <https://boxbollen.com/>
- Go for a walk outside, being outdoors even for 5-10 minutes can recharge you
- Walk a flight of stairs or two that leads to a window with a view to take in
- Tense all your muscles and then release them or stomp down a hallway
- Push as hard as you can against a wall for 10 seconds
- Have a dance party (with yourself or others)
- Take a 5 second stretch break every hour

3 Take Notice Ideas



- Look for the new and beautiful in your everyday experience
- Where are those little shots of joy in your day and how do they make you feel? For example, is the hoodie you're wearing especially warm and cozy today, or can you smell a delicious pizza cooking as you walk down the block?
- Notice how much you appreciate when something goes smoothly like no wait at the exit getting to work, a parking spot close to the front of the lot, your morning drink just the perfect temperature

4 Give Ideas



- Say thank you to someone and let them know why what they did was meaningful to you
- Offer a hand with an upcoming DIY project
- Volunteer your time with a Community Local Practice Council event such as Teen Feed - Offer. Build. Ally @ <https://teenfeed.org/>
- Do something nice for someone, maybe even anonymously (as they try to figure out who did it, they'll run through a list of loving people in their lives)

5 Keep Learning Ideas



- Check out a new class from The Whole U like a cooking class, art class, or yoga class @ <https://thewholeu.uw.edu>
- Learn how to knit using @ <https://thewoobles.com/>
- Instead of doom scrolling, download a micro learning app on your phone and learn a little something new each day
- Learn something about the people around you -be more curious and ask questions about things you don't know or other people's interests

I Choose To Take 5 Today By: