

# Five ways to wellbeing

This is one of five posters and contains just some of the ways to wellbeing suggested by the Good Thinking team and its Digital Health Ambassadors (aged 15 to 24). You can find free wellbeing apps and other resources for young people at [www.good-thinking.uk](http://www.good-thinking.uk)

1. Connect
2. Move
3. Learn
4. Give
5. Focus



## Sport

- Watch your favourite team with other fans
- Join a supporters club or online forum

## 1. Connect

Staying in touch with others enables you to share positive experiences and support each other

## Media & Technology

- Go to the cinema with some friends
- Use Teleparty to watch TV together online
- Meet new people via Twitch
- Share a Spotify playlist with your friends

## Faith & Community

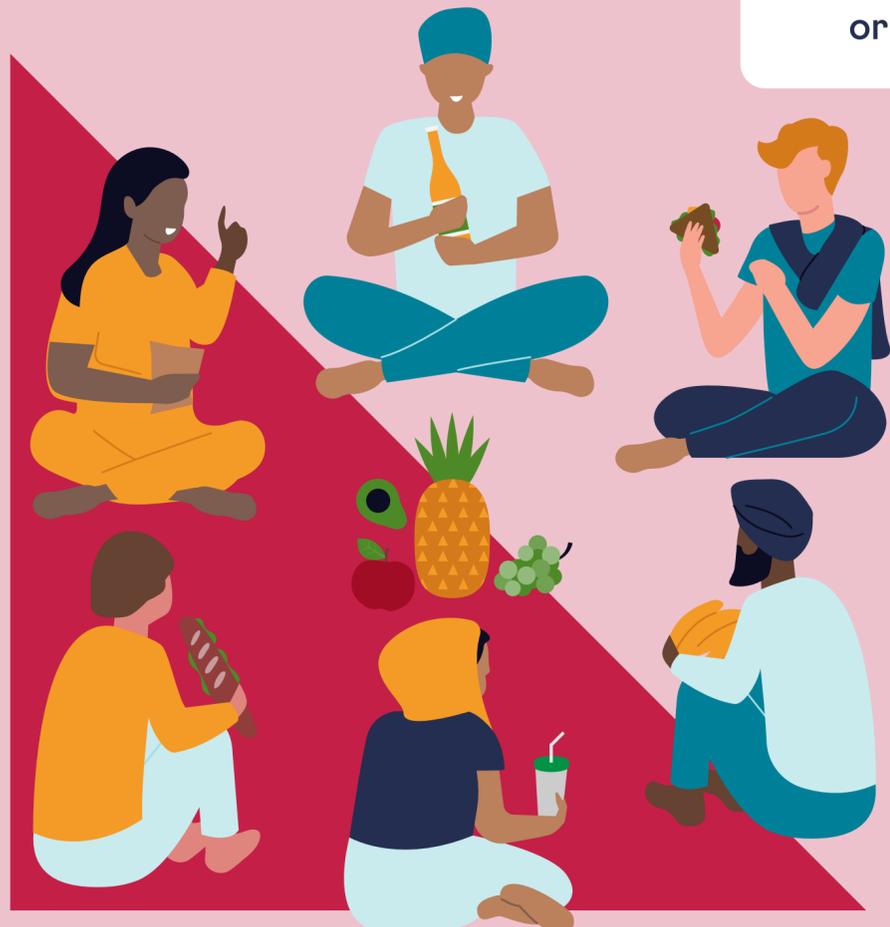
- Attend a service at your local place of worship
- Talk to friends and family about their faith
- Get involved with a local community group

## Food

- Get together for a takeaway
- Host a 'Come Dine with Me' evening
- Share your cooking or baking creations on social media

### \* Top tip \*

Always follow online safety guidelines if you're meeting people on a social platform or gaming app



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## Sport

- Take part in your local Parkrun or visit an outdoor gym
- Do a YouTube workout at home
- Sign up for a GoMammoth friendly league
- Challenge your friends to a 'most steps per day' competition

## 2. Move

Being active is important for your physical and mental health – it releases endorphins that help to put you in a good mood!



## Media & Technology

- Get motivated with the Couch to 5k app
- Find an online game that encourages you to be active
- Use a fitness app to track your activities



## Faith & Community

- Run errands for a neighbour or friend
- Do a sponsored run, walk or bike ride for a local charity

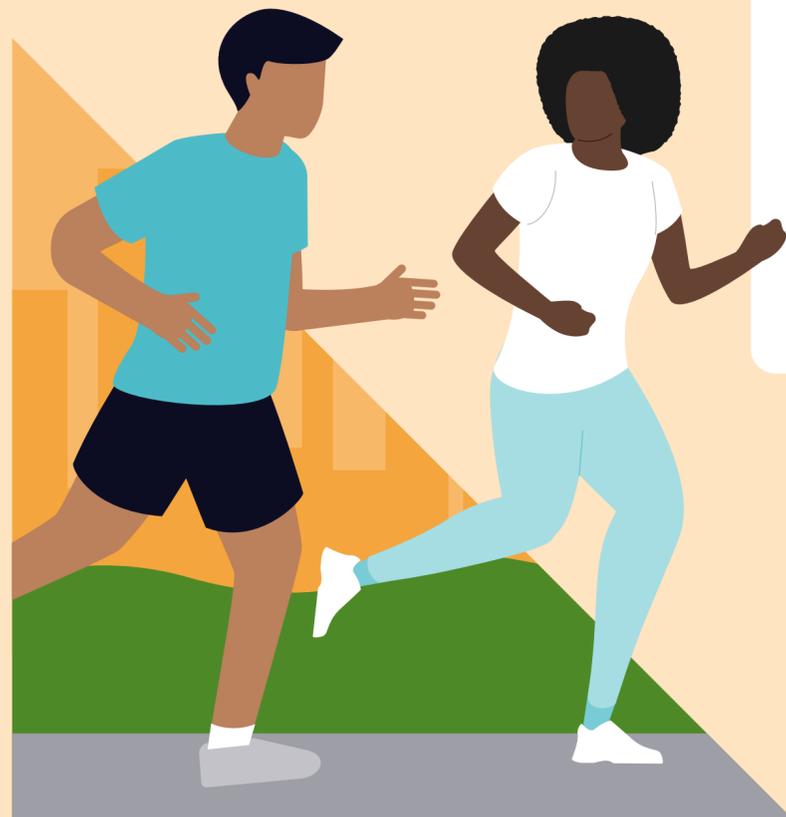


## Food

- Have a go at making some bread (kneading is a great workout!)
- Walk around one of London's food markets

### \* Top tip \*

Every little thing makes a difference – try standing or walking on the spot for a few minutes whilst gaming or watching a movie



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## Sport

- Try a new sport or gym class
- Coach a junior team
- Take a new running route

## 3. Learn

Have new experiences, challenge yourself and gain new skills – you'll have fun, boost your confidence and improve your CV!

## Media & Technology

- Watch your favourite movie in a different language with subtitles
- Listen to a new genre of music
- Take part in a (safe) TikTok challenge
- Give a new style of game a go

## Faith & Community

- Read up on other religions
- Have a conversation with someone of a different faith
- Learn another language through a community group or an app

## Food

- Cook a new recipe
- Challenge yourself to try different types of food
- Learn about food traditions from other countries

### \* Top tip \*

Everyone can learn something new every day – why not keep a note of the things you learn so you can keep track of your achievements?



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## Sport

- Volunteer at your local sports club
- Get involved with Parkrun, GoodGym or a similar organisation

## 4. Give

Helping others can give you a sense of purpose and achievement as well as being a chance to meet new people

## Media & Technology

- Share your knowledge of art, music or tech with others
- Sign up for a fundraising event and promote it on social media
- Host a charity stream when gaming

## Faith & Community

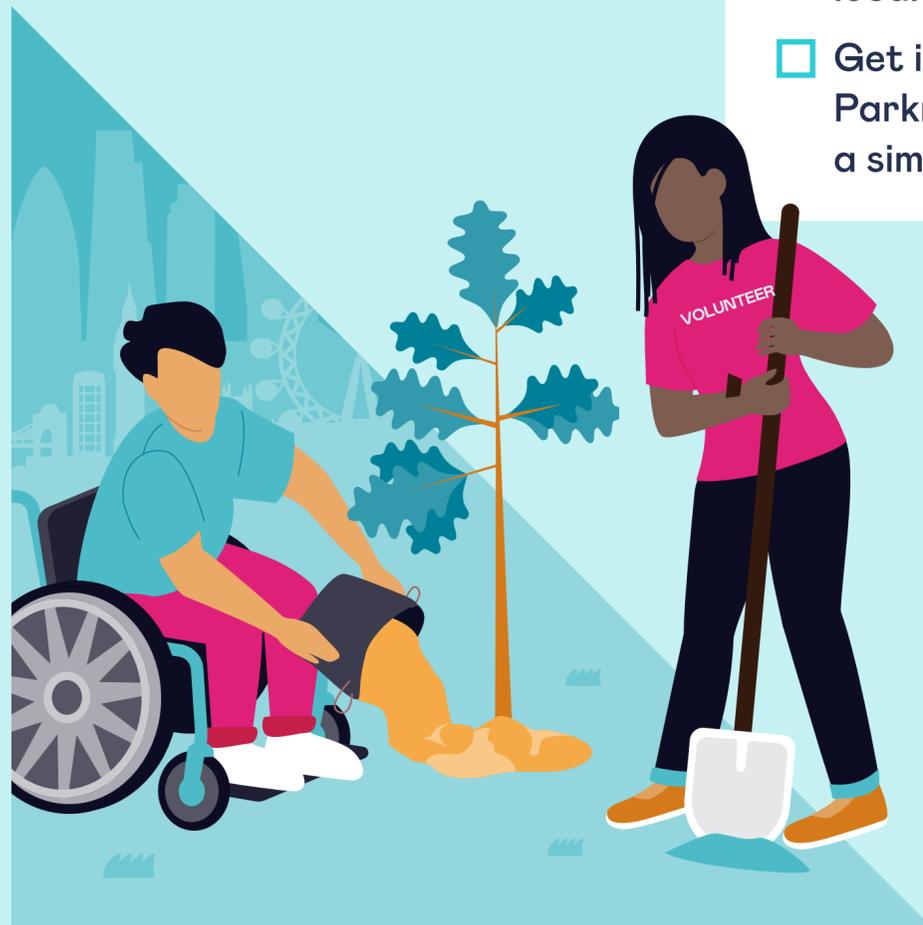
- Volunteer at your local place of worship, youth council or youth group
- Raise money for a local faith/ community organisation
- Show kindness every day (e.g. hold doors open, say thank you)

## Food

- Volunteer at your local food bank
- Donate to the charity food collection at your local supermarket

### \* Top tip \*

You can find volunteering opportunities and information about youth groups near you on your local council's website



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## Sport

- Do an online yoga or meditation class
- Go for a bike ride with a friend
- If you're very active, make sure you get enough sleep

## Media & Technology

- Watch your favourite TV series or listen to a podcast
- Make a self-care music playlist and chill out listening to it
- Have a go at meditation by using an app
- Enjoy your time gaming – don't always focus on the end result

## 5. Focus

Being present and taking time for self-care is really important in the busy world we live in

## Faith & Community

- Visit your place of worship outside of hours and use it as a time to reflect
- Go for a walk around your neighbourhood and look for things you haven't seen before

## Food

- Eat food that makes you feel good – use lots of fresh fruit and vegetables in your cooking
- Stay hydrated
- Explore your local cafés and restaurants
- Avoid distractions when you're eating

### \* Top tip \*

A night in is no bad thing. Why not light some candles, get comfy on the sofa and watch a movie?