



WALKS PACK

What are the 5 ways to wellbeing?

The 5 Ways to Wellbeing emerged from work by the New Economics Foundation and the Foresight Foundation in 2008. They are 5 broad areas of life that extensive research has shown, have the greatest influence on improving wellbeing. The 5 areas are:

- ♥ **CONNECT** – connecting with people brings a wealth of wellbeing benefits – so it's worth spending time building your close ties to friends and family and looser ones in your community.
- ♥ **LEARN** – trying something new, doing something differently, learning from people, books or experiences, learning broadens the mind, boosts self-esteem and enriches your life.
- ♥ **BE ACTIVE** – even small increases in activity levels bring benefits for your mental and physical health, confidence and long term wellbeing.
- ♥ **NOTICE** – being more aware of the world around us, noticing what's working, taking time to appreciate the small things, all add up to give a significant boost to your mental wellbeing.
- ♥ **GIVE** – when we offer a hand, some time, a smile, support, to other people we get significant benefits for our own happiness, as well as strengthening our relationship.

How do they help increase wellbeing?

The great thing about the 5 ways to wellbeing is that you don't need to 'do' loads more things, or learn new techniques. They are things we all already do, in our everyday lives. Simply noticing what you already do helps your long-term wellbeing is a great start. It means that you will keep doing them and prioritize those things that really make life worthwhile.

Knowing what a big difference these small actions can make also helps remind us the power we have to influence our own happiness and motivate us to take up every opportunity to increase our wellbeing day to day.

What's it got to do with Walking Groups?


Being in a walking group brings many wellbeing benefits. It increases activity levels, helps connect people, and gives a range of opportunities to learn, notice and give.

This project is aimed at supporting Walk Leaders to increase these benefits. It should also help walkers to find more easy opportunities to boost their wellbeing every day.



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What is the resource pack for and how can I use the activities with my walk group?

The Resource Pack is designed to help Walk leaders add more wellbeing benefits to their walks. Please use them in any way that works well for you and your group!

Each leaflet is based around a particular aspect of wellbeing. They give walk leaders:

- some background information about the theme
- some simple activities you can do, before, during or after the walk to increase wellbeing
- ways to introduce the themes and activities and ideas into conversations after the walk
- a 'bite-sized' version if you don't want to theme the whole walk but would like to use bits of this in what you are doing anyway.

Walk leaders are encouraged to adapt the resources to the needs of their group and explore and introduce the activities in any way that works for them.

Walk Leaders are invited to feedback what does and doesn't work well for them in using the resources so we can continue to improve them. We have provided a simple feedback form you can use but do share any further insights, examples, photos or more that might help us improve and to share with others.

Please share any results of insights with Happy City as required by the Community Affiliates agreement.

More Information and Links

HAPPY CITY is a charity and social enterprise that works to support individuals and communities to flourish. They run training, projects and campaigns as well as providing a range of measurement tools to better understand and improve wellbeing. They developed these resource packs.



HAPPY CITY deliver training for Walk Leaders to introduce the 5 ways and the walk resources. If you would like to find out more please look on the website at www.happycity.org.uk or email info@happycity.org.uk

THE NEW ECONOMICS FOUNDATION are a think-and-do-tank that do a lot of research and work on wellbeing. They created the 5 Ways to Wellbeing as part of the Foresight Programme in 2008. www.neweconomics.org/publications/entry/five-ways-to-wellbeing



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