



THE LITTLE BOOK OF WOW



**5 WAYS OF
WELLBEING**

HOW'S YOUR WOW?

The 5 Ways of Wellbeing (WoW) are five everyday areas of life that have been shown to boost **happiness** and **wellbeing**.

This little booklet is your guide to adding a little more WOW to life.



CONNECT



LEARN



ACTIVE



NOTICE



GIVE



CONNECT

People need people.

Friends, family, neighbours,
strangers.

Connecting with other people is
key to your happiness.

My community choir practice
each week always brings a
smile to my face! It's so good
to be with people of all ages
and have a good old sing-song.



LEARN

Try something new, talk to a stranger, take a different route.

Learning broadens your mind and enriches your life.

I enjoy cooking but never bother just for myself, so I've formed a Cookery Club with some friends. Every Tuesday we meet up and eat our way around the world — one new recipe at a time.



BE ACTIVE

Step outside.

Cycle.

Play a game.

Garden.

Dance.

Exercising makes you feel good inside and out.

I thought I knew my city pretty well till we started to really walk around it.

Every Sunday we check out a different park, and in the process, I've learned some local history.



NOTICE

Look around, what can you appreciate?

Notice the good stuff, even tiny things.

Take a breath, enjoy the moment.

Last weekend, we took the kids on a backyard safari.

Armed with a jam jar and a magnifier, we discovered a huge number of species, literally on our doorstep.



GIVE

...a hand,
your time,
a call to a friend,
a smile.

Giving is good for us and it
spreads happiness too.

I've been helping at the local school's growing project. It's been great to pass on all the gardening tips that my Dad shared with me, and to see the kids' excitement at growing their first carrots.



WOW!

Chances are that you do lots of things that boost your Ways of Wellbeing already.

Just noticing what you're already doing and making the most of chances to grab a few more of those little WOW moments can really make a difference.

The next pages have some ideas for doing that today, next week or even for life...

Want an instant shot of WOW?

IDEAS

- 1 **Try thinking about 3 good things** that have happened to you this week. Even tiny things you're grateful for in your life.
- 2 **Step outside** — look up — look at the shapes of the clouds, the trees, the buildings. Watch the people or the birds. Breathe it all in for a moment!
- 3 **Think of someone** you really enjoy seeing, but don't see regularly. Pick up the phone, or send them a letter. Arrange a catch up.
- 4 **Describe your perfect day**, then put a date in the diary and take the first step to making it happen.
- 5 **Sit quietly for 5 minutes.** Notice your breathing. A step towards being more mindful.

WHAT DO **YOU** ALREADY DO
TO GET A BIT OF WOW?

CONNECT

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WOW IN THE WEEK

Here are some
examples of how
people add WOW to
their week.

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GIVE



Suggest to the team at work that we go out for a sandwich at lunchtime.

Pop into the community centre and sign up for that park group Ali goes to.

Call Mo and ask for that Jerk Chicken recipe!

Re-tune the radio sometimes and listen to something new!

Dust off the bike and have a go.

Take the stairs to the flat — even with the shopping!

Walk to the local shops rather than drive further.

Ask the kids what went well in their day at teatime.

Take a 5 minute break at work and clear my head outside.

Spot people doing kind things and thank them!

Ask Mrs Jones at No 22 if I can pick up something from the shops for her.

Smile and say hello to the grumpy bloke two doors down when he passes me at the bus-stop!

TRAINING

To find out more about WOW workshops or wellbeing training contact us at

**hello@centreforthrivingplaces.
www.centreforthrivingplaces.org**

HAPPINESS PULSE

Measure, understand and improve your wellbeing with our short online survey. Take your pulse at

www.happinesspulse.org/take

This booklet was originally developed by Centre for Thriving Places (the new name for Happy City) in collaboration with Bristol City Council Public Health and communities across Bristol, UK.