



THE LITTLE BOOK OF WINS



**5 WAYS OF
WELLBEING**

HOW'S YOUR WINS?

Wellbeing In Novel Situations (WINS) are five areas of wellbeing that can help to boost your wellbeing and happiness during difficult times.

This little booklet is your guide to adding a few more WINS into your life.





CONNECT



LEARN



ACTIVE



NOTICE



GIVE





CONNECT

People need people.

Friends, family, neighbours,
near and far.

Connecting with other people is
key to your happiness.

I use the phone to speak with
someone nearly everyday.

It's great to keep in touch.





LEARN

Doing puzzles, reading books, learning a language, trying a new recipe, listening to online talks, using technology.

Whether it is doing something you already enjoy or trying something new.

Learning is good for our wellbeing.

I love a challenge - so I've been trying out a new recipe once a week. There's lots of ideas online!





BE ACTIVE

Go for a walk or cycle if you can and it's safe to do so.

Garden. Exercise. Stretch.
Dance. Sing along too!

Whatever you can do to move your body everyday will help you feel good inside and out.

I've been putting on the radio every afternoon and getting the kids doing silly dances through the house.





NOTICE

Pausing.

Taking a breath, being mindful.

Appreciating the present can help to calm us and also enjoy the moment.

What moments of joy can we savour today?

Breathing in calm, breathing out, letting go of tension.





GIVE

...a helping hand,
your time, a video call to a friend
or neighbour.

Giving is good for us and it
spreads happiness too.

I just called to say hi - how are
you doing?





FIVE WINS

1

CONNECT: Feeling close to other people is important for wellbeing at any age. Use the phone, post, or digital to stay in touch.

2

LEARN: Get curious and try something new, however small.

3

BE ACTIVE: You don't need to 'work out' to stay active, find something that suits your level of fitness and your life.

4

NOTICE: Staying in the present can help you manage difficult emotions and notice the good things.

5

GIVE: Helping others however we can has a powerful effect on our wellbeing.



QUICK WINS

Chances are there are lots of things that can boost your wellbeing already.

So begin by noticing what you're already doing and then making the most of chances to grab a few more of those little WINS that can really make a difference.

The next pages provide you with a chance to list your current WINS and ideas to try out.

In difficult times, it can feel that wellbeing is a long way off.

Sometimes, small actions can make a difference in the long term.

Try to focus on what you **can** control - even if there is a lot you can't.

WHAT DO **YOU** ALREADY DO
FOR YOUR **WINS**?

CONNECT

LEARN

ACTIVE

NOTICE

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WINS IN THE WEEK

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

CONNECT



LEARN



ACTIVE



NOTICE



GIVE



Arrange a team online catch-up meeting.

Join a new online discussion group.

Call Mo and ask for new pasta recipes.

Re-tune the radio and listen to something new.

Enrol onto an online exercise class.

Get a board game out, do a jigsaw, get writing.

Video call friends and ask about their day.

Sit quietly for five minutes to clear my head.

Send a message of appreciation to those helping others.

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



ONLINE TRAINING

To find out more about WINS 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 Happiness Pulse:

www.happinesspulse.org/take