

# Five Ways to Wellbeing

in Rotherham

# Introduction

- What is mental health?
- Why should we look after our mental health?
- What is the Five Ways to Wellbeing campaign?
- Who is promoting the campaign?
- How can you get involved?

# What is mental health?

Mental health is something everybody has.  
Mental health, as defined by the World Health Organisation is;

*'.... a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.'*

# Why should we look after our mental health?

Promoting good mental health results in:

- Better physical health
- Increased life expectancy
- Better educational outcomes
- Economic productivity
- Happier and supportive communities (in work and where we live)
- People living with healthier lifestyles.

# What is the Five Ways to Wellbeing Campaign?

- The Five Ways to Wellbeing are a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population.
- The Five Ways message helps us all to take action to maintain positive mental wellbeing in the same way that we generally eat well, drink at sensible levels and are active to maintain physical health.

# Be active



- Regular physical activity is associated with lower rates of depression and anxiety across all age groups.
- Regular exercise is essential for slowing age-related cognitive decline and for promoting well-being.
- It is important that a person finds something which suits their mobility and level of fitness.

# Connect



- Feeling close to and valued by other people is a fundamental human need contributing to a sense of wellbeing.
- People who are connected with family, friends or people living in their community are happier, physically healthier, live longer and generally have fewer problems mental health problems.

# Give



- Individuals who report a greater interest in helping others are more likely to rate themselves as happy.
- It has been proved that people who commit an act of kindness once a week over a six-week period report an improvement in their wellbeing.



# Keep learning



- People should never stop learning.
- Learning throughout life enhances self-esteem, increases confidence and encourages social interaction.
- It generally leads to people having a more active life.

# Take notice



- Life can be very busy with little time to stop and reflect.
- Reminding people to ‘take notice’ can strengthen and broaden awareness.
- Studies have shown that when people are aware of what is taking place in the present it directly enhances well-being.
- People worry less about the future and what has happened in the past and can see what really matters, allowing them to make positive choices.

# Who is promoting the campaign?

- Rotherham Council is working with NHS services in Rotherham to promote these five simple ways to enhance the mental health and wellbeing of people living and working in the town.
- The campaign launched in May 2018 and activities will be promoted throughout the year.
- The full campaign can be viewed on the website:  
[www.rotherham.gov.uk/health](http://www.rotherham.gov.uk/health)

# How can you get involved?

We want as many people as possible in Rotherham to recognise the value of and benefit from looking after their mental health and wellbeing.

- Decide to do something today to look after **your** mental health. Getting started is simple and many suggestions in the campaign are free.
- RMBC and NHS services are already running Five Ways to Wellbeing events so look out for these being advertised and join in.
- Could you plan an event? We have produced some handy new materials to help you promote these events.
- Please tell us about your activity, we are using the hashtag #5WaysRoth on our social media channels.

# Getting started

- Walking
- Gardening
- Smiling and saying hello to people you pass
- Helping a colleague or friend
- Taking another route home from work/the shops
- Joining your local library
- Listening to different types of music
- Doing some baking
- Spending time with family and friends
- Dancing round the house
- Eating your lunch outside
- Joining a club in your area
- Jumping in muddy puddles
- Doing something as a family- painting, drawing or playing a board game

# Finally.....

Visit our website to see the materials we have on offer including:

- Posters
- Activity planner
- Online film
- Social media images
- Template press release

[www.rotherham.gov.uk/health](http://www.rotherham.gov.uk/health)