

# Beth Britton MBE



## WELLBEING

The Oxford English Dictionary defines wellbeing as:

**“The state of being comfortable, healthy or happy”**

**The New Economics Foundation researched and developed the Five ways to wellbeing to help anyone to improve their wellbeing**



**Mental health charity ‘Mind’ explain the theory behind the Five ways to wellbeing as follows:**

**Connect:** There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It’s clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

**Be active:** Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

**Take notice:** Reminding yourself to ‘take notice’ can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring ‘the moment’ can help to reaffirm your life priorities.

**Keep learning:** Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

**Give:** Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

New Economics Foundation: <https://neweconomics.org/2008/10/five-ways-to-wellbeing>

Mind: <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

**How will you enhance the wellbeing of a person you support with dementia?**

**Connect:**

**Be Active:**

**Take Notice:**

**Keep Learning:**

**Give:**

**How will you enhance your own wellbeing?**

**Connect:**

**Be Active:**

**Take Notice:**

**Keep Learning:**

**Give:**