

# Five ways to wellbeing.

The New Economics Foundation (NEF) suggests that building the 5 ways to wellbeing into our daily lives can help us to find balance, build resilience, and boost our physical, emotional and mental wellbeing.

As the pharmacy sector's charity, we've listened to your greatest concerns during the global pandemic and are encouraging you to ACTNow and prioritise your wellbeing.

**#ACTNOW**



## 1 Give.

When other people's behaviour or actions impact us negatively, we often want to turn our backs. Instead of giving up on these relationships, we could try to give them our ear and presence. Taking the time to understand and support others can be a life-changing gift.

*Anger at short-staffing or short of PPE?  
Difficult workplace relationships?  
Abusive customers?*

## 2 Connect.

Social relationships are key to promoting good wellbeing. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. Talking through your concerns with a trusted person can help you think of solutions.

*Feeling isolated?  
Living with a vulnerable person?  
Worried about finding work/placement?*

*Self-isolation complications?  
Disturbances to training?  
Furlough worries?*

## 5 Learn.

If you find yourself with extra time during the pandemic, why not use it to try something new or rediscover an old interest.

Learning will improve your self-esteem and confidence, as well as increase your satisfaction levels. Set yourself a challenge you will enjoy achieving.

## 4 Take notice.

During difficult times we often get caught up in thoughts which spiral out of control. When this happens, remembering the simple things which give you joy and being aware of the world around you can help you to regain balance.

Whether you're walking to work, eating lunch or talking to friends, pay attention to the positive things in that moment.

*Financial or visa worries?  
Doubts about the future?  
Anxieties about health?*

*Anxieties about final placement sign-offs?  
Struggling with work/life balance?  
Feeling overwhelmed at work?*

## 3 Be active.

As well as improving physical health and fitness, being active can also improve our mood and overall mental wellbeing. Any form of physical movement can be beneficial – find something that you enjoy and that suits your level of mobility and fitness. Build habits to bring more active movement into your work day.