

Your guide to daily



Introduction to the 5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

Your time,
your words,
your presence

5 Ways to Wellbeing (WoW): Introduction

What are the 5 ways to wellbeing? Where do they come from?

The 5 ways is a set of simple, evidence-based actions to improve personal wellbeing. They are based on the most up-to-date evidence and research gathered by the New Economics Foundation (NEF). The 5 ways promote making use of diverse approaches to promote wellbeing and are:



What do these factsheets offer you?

We have developed these factsheets as a guide on your journey of implementing the 5 ways to foster your wellbeing. We have gathered in one place information about local groups and services that could help you in flourishing one of the 5 ways – or even more than one! We have also included London-wide opportunities to ensure as many opportunities as possible are being included.

At the beginning of each factsheet there are a few practical tips to enhance your wellbeing and case study of some one's experience of putting 5 ways to wellbeing into practice.

The 5 ways factsheets offer a range of options that can be tried by anyone and suited to an individual's needs.

About the Support & Wellbeing Service Harrow (SWiSH)

SWiSH is a consortium of five local charities, offering the local Care Act Information & Advice Service for Harrow residents, funded by the Council www.harrowca.org.uk. The five charities are Age UK Harrow, Harrow Association of Disabled People (HAD) Harrow Carers, Harrow Mencap and Mind in Harrow. Each of these partners have their own directories of support services or factsheets about a wide variety of health and support available from NHS, Council, other public bodies and voluntary organisations.



Mind in Harrow's online mental health directory

<http://directory.mindinharrow.org.uk/>

Mind in Harrow's online mental health directory has easy to use searches for over 100 Harrow services, including counselling/therapy, specialist NHS services, minority ethnic community organisations, support for carers, benefits & housing and self-help groups. It offers over 20 Harrow factsheets on topics such as schizophrenia, sleeping problems, self-harm and depression. Also, if you can't find what you are seeking in Harrow, the directory has around 100 national organisations which may be able to help.

Please call Mind in Harrow on 020 8426 0929
for a large print version of this factsheet or a summary translation.



Mind in Harrow's Mental Health Information Service is a part of SWiSH, a consortium of five local charities, offering the local Care Act Information & Advice Service for Harrow residents, funded by the Council. www.harrowca.org.uk

This factsheet was produced by
Mind in Harrow

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