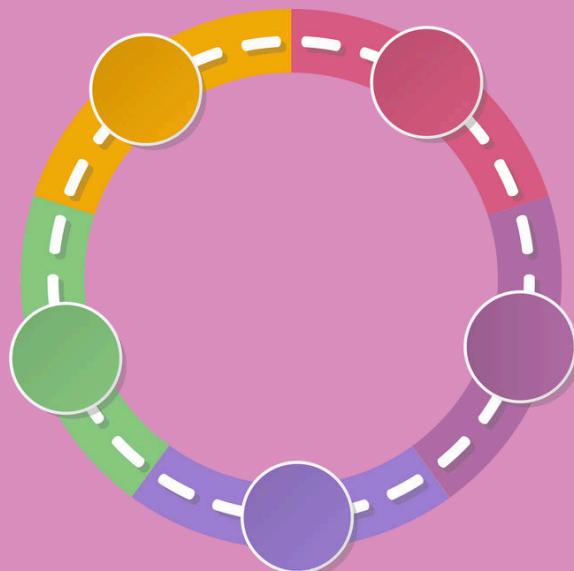




Bounce Forward

Five Ways to
Wellbeing Resource



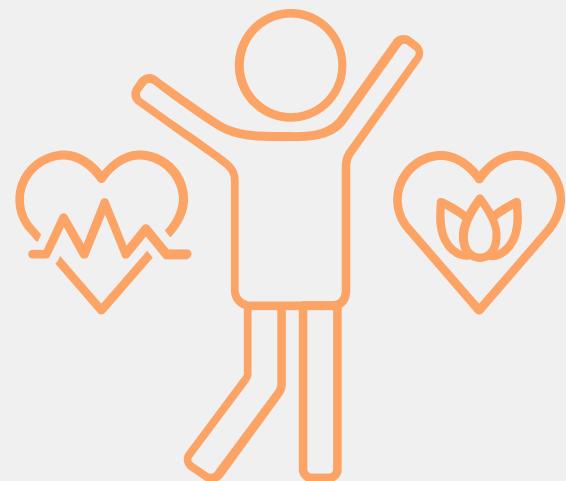
Introduction

The Five Ways to Wellbeing was developed by the New Economics Foundation (NEF).

The work is the culmination of years of research to identify the actions that human beings can take to prioritise their wellbeing, that is to feel good and function well.

The evidence informs the simple actions that, if taken regularly, can evoke feeling good, day to day, but also increase overall happiness and life satisfaction.

The actions are not just about feelings, they also impact on the extent to which we can function well. Increasing things such as self-confidence, cognitive capability, emotional awareness, and mental resilience.



What we do as individuals, the actions we take, the behaviour we model to others, has a knock on, pass it on effect. If I do something kind for someone else, they say thank you to me, which increases a feeling of satisfaction (on both sides) and increases the chances of doing something kind for someone again.

The Five Ways to Wellbeing are: Connect, Be active, Take notice, Keep learning and Give.

The idea for the Five Ways to Wellbeing is to use the actions to create habits in your life, which is something we encourage at Bounce Forward. Taking intentional actions as part of our everyday life to look after and nurture our psychological fitness.

Five Ways to Wellbeing and Bounce Forward Competencies

We wanted to inspire you to use the Five Ways to Wellbeing alongside the Bounce Forward five competencies to nurture mental resilience and emotional wellbeing, in other words to take action to be psychologically fit.

The five Bounce Forward competencies are: Human connection, hope and optimism, self-regulation, flexible and realistic thinking and self-awareness and compassion.

Connect and Human Connection

Connect with others. Be willing to reach out, meet new people, have empathy and care for others knowing that this will increase personal happiness.

Human connection is vital as we are social beings and the way we feel and behave impacts on each other. Arguably technology is driving us to connect more and more on-line, and less in person. We are developing research to understand the unhelpful consequences of doing so - increased loneliness, low life satisfaction, lack of empathy, poor mental health.

We need to be able to switch off, to look up from the technology, and prioritise in-person, human interactions.



Each day connect in-person with another human being. If a whole day passes and you have spent more time looking at a screen than a human face, make a change tomorrow.

Connect with the people around you. Ask them questions about their day, what made them smile. Listen with care, be interested in them.

Be willing and open to new human connections, invest time in developing them. New people bring a different perspective and diversity into your life. Look out for people who are both 'like me' and 'not like me' and find ways to connect.

Five Ways to Wellbeing and Bounce Forward Competencies

Be active and self-regulation

Be active is about moving your body, taking action to be mobile, stretching, standing. Physical exertion can be a wonderful way to self-regulate unhelpful thoughts and feelings. Finding activities that bring allow you to experience positive emotion is also a win, win.

- When things are getting too intense taking a break, walking outside, playing a game can be the best way to distract your mind and to calm down.
- Dance like no-one is watching.
- Stretch and relax the muscles in your body to music.
- Go and explore outside in nature is a good way to be active and to stay calm and focused.



Take notice and self-awareness and compassion

Taking notice and understanding of self can go hand-in-hand. Spend time getting to know what is 'normal' or usual 'for me', look inward and ask yourself questions to self-reflect. It is with this insight that we can be kind and have compassion for ourselves and for others.

- Be curious about your reactions, particularly when you have a strong reaction to something. It's important, as it's telling you something.
- Notice how your reactions can be different depending on the context and who you are with.
- Be curious with kindness for yourself and for # others.
- Be aware of the world around you and what you are feeling.
- Reflect on your experiences and write them down to remind yourself what matters most to you.



Five Ways to Wellbeing and Bounce Forward Competencies

Keep learning and flexible and realistic thinking

Being open and curious to different perspectives is a perfect way to keep learning, about yourself, and the world around you. A mind that is open to new ideas, is one that grows. When we become fixed in our thinking because we believe we know what is 'right', or how something 'should be', we prevent ourselves from being able to problem solve effectively. Our brains are beautifully wired to pay attention to what we choose to see, so we must work hard to see beyond what is in front of us.



- Be willing and open to different perspectives, even if those ideas that may seem alien to you.
- When you believe "I am right" and "they are wrong", ask yourself if you are relying on a habit of thinking rather than a realistic view of the situation.
- Open your outlook, ask questions, seek the perspective of others, listen carefully and learn.

Give and hope and optimism

Optimism is different to positive thinking. Optimism is a choice, it's a way of thinking, a muscle that can be nurtured and developed. Optimism is not ignoring the challenges we face, but rather making a choice to focus on the things around me that are good, or the things that I have some control over.



- Set yourself a goal to be kind to one person every day.
- Consider how you want people to think about you, what words would they use to describe the type of person you are? Ask yourself "Am I living, acting in a way that allows others to see me at my best?" If not make changes.
- Set yourself a challenge to mentor someone else. To support them in their growth.

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