

Six ways to be well in the Scottish Borders

Nurture

Look after your body and find ways to cope with stress.



Be Kind

Giving and receiving from others helps to build a support network.



Belong

Feeling that we belong – that we are included – is good for our wellbeing.



Enjoy and Learn

Learning new things can help you to be more satisfied and fulfilled.



Be Active

Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.



Be Aware

Being mindful for a few minutes can help you to de-stress. Give yourself some 'me time'.





Nurture...

... yourself, and those around you. Sometimes we all need a bit of care and protection. Our bodies and our minds need nurturing as we grow, develop and get older.

- › Could you nurture yourself more?
- › Do you need support to make a change to your lifestyle, or to help care for somebody else?



Be Kind...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Accept other people as they are. Be kind to yourself.

- › Can you think of any ways to be kind to other people?
- › How could you be kind to yourself?



Be Active...

Find a physical activity that you enjoy, one that suits your level of mobility and fitness. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

- › Are you active on a regular basis?
- › Do you need support to become more active?



Enjoy and Learn...

Try something new. Rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

- › Would you like to learn something new?
- › What do you enjoy doing?



Belong...

... to an inclusive community. Family, friends, colleagues and neighbours. At home, work, school or in your local community. Feel respected and valued and have a place in society. A strong sense of connection and belonging can help our wellbeing.

- › Who do you normally spend time with?
- › Could you do more to connect with other people?



Be Aware...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

- › How could you be more aware and take more notice of the world around you?
- › Could mindfulness be part of your daily routine?