

More info?

If you'd like more information about 'Six Ways to Be Well in the Scottish Borders' or other resources to support your mental health and wellbeing visit:

www.nhsborders.scot.nhs.uk/wellbeingpoint

If you want to share your wellbeing pledges with other people or get more ideas about how to make changes to your lifestyle, visit our 'Small Changes BIG Difference' web page:

www.nhsborders.scot.nhs.uk/small-changes-big-difference



If you would like support to make changes, you can make an appointment to see one of our Wellbeing Advisers. For more information, please visit

www.nhsborders.scot.nhs.uk/wellbeing



This booklet has been produced by the Scottish Borders Joint Health Improvement Team. Email:

health.improvement@borders.scot.nhs.uk

Six ways to be well Planner



- Learn about six different ways to become healthier and happier
- Make positive wellbeing choices
- Create your own wellbeing plan

Use this planner with the 'Wellbeing Capabilities Wheel' to decide where you want to make a small change.

Wellbeing is not about being happy all the time – it's about being able to deal with life's challenges and being content. It's about looking after both our minds and our bodies.

Nobody can give wellbeing to you – you have to take action yourself.

Start with a small change - break it down into small actions that you think you can manage.

Use this planner to write down any changes you want to make.



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?**

Action

Write down what you want to do:
Start with a small change.

Help?

Write down any support you need:



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?**

Action

Write down what you want to do:
Start with a small change.

Help?

Write down any support you need:





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?**

Action

Write down what you want to do:
Start with a small change.

Help?

Write down any support you need:



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?**

Action

Write down what you want to do:
Start with a small change.

Help?

Write down any support you need:



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?

Action

Write down what you want to do:
Start with a small change.

Help?

Write down any support you need:



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?

Action

Write down what you want to do:
Start with a small change.

Help?

Write down any support you need:

