

Six Ways to Be Well Planner



- Learn about six different ways to become healthier and happier - create your own wellbeing plan
- Tick your 'emoji score' for each of the six ways
- Plan to make small changes to help your wellbeing - you might want to pick one theme to focus on rather than thinking about them all at once.
- Nobody can give wellbeing to you - you have to take action yourself!
- Support is available from the NHS Borders Wellbeing Service

1. Be Aware

- Pay attention to the present moment
- Notice how your thoughts, surroundings and other people can make you feel
- Accept yourself for who you are
- Give yourself some 'me time'



What small change would you like to make?

How are you going to get there?

2. Be Kind

- Carry out small acts of kindness
- Be kind to others - can make you feel good
- Accept kindness from others – it's good for them too
- Be kind to yourself



What small change would you like to make?

How are you going to get there?

3. Nurture

- Try to make healthy choices - eat and drink well
- Sleep well
- Cut out things that are bad for you
- Recognise your stress triggers and find ways to help you cope with stress



What small change would you like to make?

How are you going to get there?

4. Be Active

- Being physically activity is good for your mental health
- Feel more confident, less stressed, sleep better and have more energy
- Sit less and move more - something is better than nothing!



What small change would you like to make?

How are you going to get there?

5. Belong

- Feeling that we belong is good for our wellbeing
- Being included in a group or community shapes our identity
- Your actions can help others to feel that they belong too



What small change would you like to make?

How are you going to get there?

6. Enjoy and Learn

- Do things that you enjoy and that interest you
- Only you can decide what you enjoy doing!
- Try different things until you find something you like



What small change would you like to make?

How are you going to get there?

Support to improve your wellbeing

NHS Borders Wellbeing Service offers support to people who are wishing to improve their health and wellbeing in one or more of the following areas:

- Being more active
- Eating more healthily
- Quitting smoking
- Emotional wellbeing



For more information visit the website or phone your GP surgery
www.nhsborders.scot.nhs.uk/wellbeing



For updates on Facebook follow **NHS Borders Small Changes, Big Difference** and **NHS Borders Wellbeing Service**



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Visit **NHS Borders Wellbeing Point** for more information about the Six Ways to Be Well and other resources
www.nhsborders.scot.nhs.uk/wellbeingpoint