

More info?

If you'd like more information about 'Six Ways to Be Well in the Borders' visit

www.nhsborders.scot.nhs.uk/six-ways-to-be-well



StressBusters

The NHS Borders 'StressBusters' website has many resources to help you manage stress. For links to all the Doing Well self-help booklets covering topics including anxiety, depression, panic and self-esteem visit:

www.nhsborders.scot.nhs.uk/staying-healthy/stress-busters

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 workbook



Use this booklet to think about six different ways to be well . Think of these as your '**six a day**' for wellbeing.

You can:

- **Make positive wellbeing choices**
- **Create your own wellbeing plan**

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.

What do you do at the moment to keep well?

Use this workbook to plan any changes you want to make.



... 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:

Help?

Write down any support you need:



Try something new. Rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike. Learning 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:

Help?

Write down any support you need:





... 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:

Help?

Write down any support you need:



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:

Help?

Write down any support you need:





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:

Help?

Write down any support you need:



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:

Help?

Write down any support you need:

