

# WHEEL OF WELLBEING

WELLBEING IS A TERM THAT COVERS MANY DIFFERENT AREAS IN OUR LIVES. IN ITS SIMPLEST FORM IT COULD BE DEFINED AS SIMPLY FEELING GOOD, OR BEING PHYSICALLY AND MENTALLY WELL. THERE ARE MANY THINGS THAT CAN HAVE AN IMPACT ON OUR PHYSICAL AND MENTAL HEALTH AND WELLBEING. AND SOMETIMES IT CAN BE DIFFICULT TO KNOW HOW TO LOOK AFTER OUR OWN WELLBEING.



THE WHEEL OF WELLBEING, OR WOW, GIVES US 6 PRACTICAL WAYS TO LOOK AFTER OUR WELLBEING.

## 1 - BODY: BE ACTIVE

WITH CURRENT GOVERNMENT GUIDANCE, BEING ACTIVE CAN BE CHALLENGING. SPORT ENGLAND ARE PROVIDING LOTS OF WAYS TO KEEP ACTIVE INDOORS, AND TIPS TO GET THE MOST OF YOUR OUTDOOR ACTIVITIES SAFELY. **WHY NOT TRY A NEW CLASS FROM YOUR LIVING ROOM?**

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## 2 - MIND: KEEP LEARNING

MANY OF US WILL BE SPENDING MORE TIME AT HOME. **WHY NOT TRY AN ONLINE COURSE, TEACH YOURSELF TO PLAY AN INSTRUMENT OR LEARN A NEW LANGUAGE?** MAYBE EVEN TRY YOUR HAND AT GARDENING, OR LEARNING TO COOK NEW RECIPES WITH INGREDIENTS ALREADY IN THE CUPBOARD.

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## 3 – SPIRIT: GIVE

GIVING IS BENEFICIAL TO EVERYONE. IT MAKES US FEEL GOOD WHEN WE GIVE, AND IT MAKES OTHERS FEEL VALUED AND CARED FOR. WE CAN DONATE TO CHARITIES, HYGIENE BANKS, FOOD BANKS. GIVING YOUR TIME IS EXTREMELY REWARDING AND COMPLETELY FREE. **CAN YOU GIVE 10 MINUTES OF YOUR TIME TO CHECK IN WITH A RELATIVE, FRIEND OR NEIGHBOUR? OR VOLUNTEER TO HELP WITH A LOCAL PROJECT?**

**CLICK HERE**



## 4 – PEOPLE: CONNECT

**REGULAR SOCIAL CONTACT IS VITAL FOR GOOD MENTAL HEALTH.** THERE ARE MANY WAYS WE CAN STAY CONNECTED. WITH REGULAR PHONE CALLS, A DAILY TEXT MESSAGE. FAMILY VIDEO CALLS, OR A VIDEO QUIZ NIGHT WITH FRIENDS. MAYBE WRITE A LETTER TO AN OLD FRIEND? SEND A CARD TO LET SOMEONE KNOW YOU ARE THINKING OF THEM. **IF YOU ARE UNABLE TO LEAVE YOUR HOME, THERE ARE SERVICES THAT WILL CREATE AND POST CARDS FOR YOU ONLINE.** [HTTPS://WWW.POSTABLE.COM/](https://www.postable.com/)

**NOT TALKING TO OR SEEING PEOPLE REGULARLY CAN BE VERY LONELY,** PARTICULARLY IF YOU NORMALLY HAVE AN ACTIVE SOCIAL LIFE. **TUNBRIDGE WELLS BOROUGH COUNCIL** ARE OFFERING WELLBEING CALLS TO LOCAL RESIDENTS WHO MIGHT BE FEELING LONELY, WORRIED OR STRESSED. A MEMBER OF THE TEAM WILL CALL TO ASK HOW YOU ARE, AND TO HAVE A CHAT. IF YOU WOULD LIKE A WELLBEING CALL, OR HAVE A FRIEND/RELATIVE YOU THINK WOULD BENEFIT FROM A WELLBEING CALL, YOU CAN MAKE AN ONLINE REFERRAL NOW.

**CLICK HERE**



AGE UK PROVIDES A TELEPHONE BEFRIENDING SERVICE FOR OVER 60'S WHO WOULD LIKE TO GET CONNECTED AND MAKE A FRIEND, CLICK BELOW FOR MORE INFORMATION!



## 5 – PLACE: TAKE NOTICE

SOME OF US WILL BE ABLE TO GET OUT OF THE HOUSE FOR OUR DAILY EXERCISE AND CAN SPEND TIME IN THE GARDEN WHEN AT HOME. **CAN YOU TAKE NOTICE OF YOUR SURROUNDINGS?** HOW MANY DIFFERENT TYPES OF BIRDS YOU CAN SPOT? LOOK OUT FOR FLOWERS EMERGING FOR SOME SPRING SUNSHINE. WHY NOT PRACTICE FOR THE BIG BUTTERFLY COUNT, AND SEE WHAT TYPES OF BUTTERFLY YOU CAN SPOT? ALTHOUGH THE OFFICIAL COUNT ISN'T TILL JULY, BUTTERFLIES ARE EMERGING.

**DOWNLOAD THE FREE BUTTERFLY GUIDE HERE: [HTTPS://WWW.BIGBUTTERFLYCOUNT.ORG/](https://www.bigbutterflycount.org/)**

FOR THOSE THAT WON'T BE LEAVING THEIR HOME AT ALL, **THERE ARE STILL PLENTY OF OPPORTUNITIES TO TAKE NOTICE.** WHAT CAN YOU SEE WHEN YOU LOOK OUT YOUR WINDOW? A TREE IN BLOSSOM? THE CLOUDS ROLLING BY IN THE SKY? BEE'S ON THE HUNT FOR POLLEN? HOW DO YOU FEEL? ARE YOU ABLE TO PLANT A CONTAINER GARDEN ON YOUR WINDOWSILL AND TAKE NOTICE OF PLANTS GROWING? **TAKE OPPORTUNITIES TO NOTICE WHAT IS AROUND YOU.**

## 6 – PLANET: CARE

**CAN YOU MAKE SMALL CHANGES THAT WILL HELP OUR PLANET?** SWITCH THE LIGHTS OFF WHEN YOU LEAVE A ROOM, PUT A JUMPER ON INSTEAD OF TURNING ON THE HEATING. ENSURE WE ARE LOOKING AFTER OUR GREEN SPACES BY TAKING LITTER HOME. CAN YOU ENSURE THAT YOU ARE RECYCLING AT HOME? KENT WILDLIFE HAVE PROVIDED LOTS OF HELPFUL TIPS TO REDUCE THE USE OF

PLASTICS IN THE HOME. TAKE A LOOK AND SEE IF YOU CAN REDUCE YOUR PLASTIC USE AND HELP THE PLANET.

[CLICK HERE](#)



KENT WILDLIFE ALSO GIVES HELPFUL TIPS ON HOW WE CAN ENCOURAGE AND SUPPORT WILDLIFE THROUGH BUILDING BUG BOXES, CREATING CONTAINER GARDENS FOR WILDLIFE AND LOOKING AFTER OUR WILDLIFE.

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## HOW DO YOU HANDLE LIFE'S UPS AND DOWNS?

NHS

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ONE YOU

THE CORONAVIRUS HAS PRESENTED US WITH CIRCUMSTANCE WE HAVE NEVER FACED BEFORE. IT CAN CAUSE ANXIETY, DEPRESSION, HEALTH CONCERNS, HEALTH CONDITIONS, FINANCIAL STRESS, LONELINESS AND SO MUCH MORE. LOOKING AFTER OUR MENTAL HEALTH AT THIS TIME IS SO IMPORTANT AND EVERY MIND MATTERS IS PROVIDING HELPFUL ADVICE AND SUPPORT TO HELP US LOOK AFTER OUR MENTAL HEALTH WHILE STAYING AT HOME. **CLICK BELOW TO DISCOVER WAYS TO LOOK AFTER YOUR MENTAL HEALTH WHILE STAYING AT HOME.**

[CLICK HERE](#)

