

ONE GOOD TURN

When we help others we make connections and boost our own wellbeing – it's win-win! Just a few minutes can make a big difference.

- Swap seeds and plants.
- Read to someone by phone, video or in person – it could be the newspaper or a bedtime story!
- Volunteer as a befriender for phone calls or meet-ups.
- Organise a neighbourhood activity – cul-de-sac bingo anyone?
- Do their chores with yours – like shopping, gardening or walking the dog.



Use these ideas to inspire you to do things that make you feel happier and healthier!

During COVID-19 people dug deep and adapted to get through tough times – finding resilience we didn't know we had!

Some changes were positive: more quality time with family, getting outdoors or starting hobbies. In fact, lots of these things fit with the Five Ways to Wellbeing!

As life gets back to normal it's just as important to look after ourselves – and keep doing those good things – whether we're nine years old or 90.

THE GREAT BIG ROTHERHAM TO-DO LIST



www.rotherham.gov.uk/great-to-do



TIME TO RECHARGE

Clearing and calming our minds is essential to keeping well, so try to set aside time for things that re-energise you.

- Snuggle down with a good movie or book.
- Go for a bike ride, walk, dance or a kick about with your mates.
- Close your eyes and pay attention to all the things you can hear, smell and feel around you.
- Lose yourself in a jigsaw, colouring or making a model.
- Have a digital detox – take a screen free hour or afternoon.

ARMCHAIR ADVENTURES

Expand your horizons without leaving the house. Keeping our minds occupied and having structure to the day helps protect our mental health too.

- Trace your family tree – or at least a branch of it.
- Try a new food – it could be a way to travel the world!
- Wave to everyone who passes your window – can you predict who'll wave back?
- Keep a diary or write the story of your life (so far!).
- Feed the birds – how many different species can you attract?

MY WISH LIST

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Now you've seen the ideas others have shared, what will you do to find your way to wellbeing?

Five Ways to Wellbeing

We all have mental health, and it's important we take steps to look after it. Studies show that some things help all of us feel and function better. These are to...

- **BE ACTIVE** – Regular physical activity helps prevent depression. Activity doesn't have to be intense – walking and gardening count!
- **CONNECT** – People who connect with family, friends or their community are happier, physically healthier, live longer and have fewer mental health problems.
- **GIVE** – People who regularly offer acts of kindness improve their wellbeing. It can be as simple as smiling at someone, saying thank you or doing something nice for a neighbour.
- **KEEP LEARNING** – However old we are, we should never stop learning. It improves self-esteem, increases confidence, helps us meet people and generally leads to a more active life.
- **TAKE NOTICE** – When people pause to reflect, and be aware of what is taking place in the present, it improves their wellbeing. They worry less about the future, and the past, and can see what really matters. Just taking a different route to the shops and really paying attention can help us take notice.

For practical tips, advice and groups to help adults look after their mental health visit www.rotherhive.co.uk

Creating 'me time' might feel like a luxury – but you can't run on empty for long.



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Visit www.rotherham.gov.uk/great-to-do for more about ways to feel happier and healthier, and to find an accessible version of this guide.

Thank you to all the Rotherham residents who shared what they've been doing to feel happier and healthier, even when times were tough.



To Barnsley

To Doncaster

To Sheffield

Watch the seasons change

Clear the clutter

Learn about local history

Kitchen disco

Random acts of kindness

Litter picking

Discover new paths

Reconnect with a friend

Get a pen pal

Zoom quiz

Try a new recipe

Home pamper session

Lucky dip time! Close your eyes and pick a spot at random. Make a plan to give whatever you land on a go, or use it to inspire an even better idea.