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WELLBEING

The Oxford English Dictionary defines wellbeing as:

"The state of being comfortable, healthy or happy"

The New Economics Foundation researched and developed the Five ways to wellbeing to help anyone to improve their wellbeing

Mental health charity 'Mind' explain the theory behind the Five ways to wellbeing as follows:

Connect: There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

Be active: Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

Take notice: Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Keep learning: Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

Give: Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

	How will you enhance the wellbeing of a person you support with dementia?
Connect:	
Be Active:	
Take Notice:	
Keep Learning:	
Give:	
	How will you enhance your own wellbeing?
Connect:	
Be Active:	
Take Notice:	
Keep Learning:	
Give:	