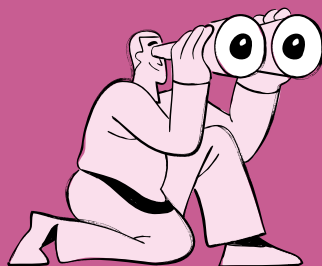


# Five Ways to Wellbeing

A booklet to help you feel more positive  
and able to cope with life's ups and downs.

**changes**  
Bristol





# About Changes Bristol

We understand that no-one should have to face feelings of stress, anxiety or depression alone.

That's why Changes Bristol provide peer support groups in Bristol and online for anyone aged 18 or over, offering a safe and friendly space for people to share any worries they might have.

Our groups are free to access, confidential, with no referral needed and no diagnosis required.

We also now offer one-to-one phone befriending for new and existing members.

As well as this support, we offer a large number of volunteering opportunities and workplace training in mental health awareness.



# About this booklet

These five simple actions can help us feel more positive and able to cope with life's ups and downs.

They're not a magic fix — but little steps, taken regularly, can make a big difference over time. Take what works for you, and go gently.

In each section, you'll find:

- Information about each way to wellness
- Suggestions and ideas from the Changes community
- Prompts and space for reflection

Use the prompts and resources that are helpful to you. Everyone is different and what helps someone else might not help you. We've included a variety of ideas and suggestions to help you find what works for you.

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# Connect

Whether you're talking in a peer support group, meeting a friend for coffee, or just saying hello to someone new- connection matters.



## **Some ideas from the Changes community:**

- Set goal of talking to a neighbour you know, or chatting to someone over the fence.
- Reach out to someone you haven't seen in a while.
- Make a list of 'safe people' to contact when you are feeling low.
- Spend time with animals - walking dogs, borrow a dog app.
- Make small talk with the shop cashier.
- Online forums - online support groups.
- Help lines.

**“Being heard is powerful. So is listening.”**

# Find your community

Take a look at the following organisations to find out more about making connections in Bristol:

- Changes Bristol.
- The Marmalade trust.
- The Chatty Cafe Scheme.
- BS3 Community.
- For LGBTQIA+ people, the Bristol Queer Directory.
- The Bristol Meetup Community.



## Reflection space:

- What does connection mean to you?
- How could you build more connection into your life?

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# Be Active

Gentle movement, even for a few minutes, can lift your mood and reduce stress. There's many ways to be active that don't involve running a marathon! Try to find an activity you enjoy.

## Some ideas from the Changes community:

- Do some gardening.
- Go cold water swimming.
- Try some chair exercises.
- Join our Walk and Talk sessions.
- Zumba.
- Have a 'Kitchen Disco'.
- Follow along with yoga videos or Just Dance on Youtube.
- Try laughing exercises.
- Walk to to the shops.
- Get off the bus a stop early for a little extra walking.
- Take the stairs rather than the lift.



**“Move your body, shift your mind.”**

# Activity

Pick an activity to try- take a look at our suggestions if you're not sure. Set an activity goal to complete this week. Refer to SMART goals at the back of this booklet (see page...)

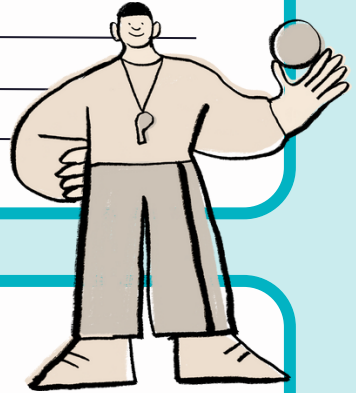
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# Reflection

After you've completed it, reflect on how it made you feel.

Is it something you'd like to do again? Is there anything else new you'd like to try?

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# Take Notice

When life feels overwhelming, stopping to notice the small things can bring calm and clarity. Being mindful and present can take practice but it is a great skill to reduce stress in everyday life.



## Some ideas from the Changes community:

- Use your senses to notice what you can see, hear, smell, touch and taste.
- Breathing exercises.
- Use smells to ground yourself e.g. essential oils.
- Practice mindful eating.
- Gratitude journaling as a way to become more aware of positives in your day.
- Get into nature.
- Finding faces or heart shapes in things you see.
- Use [Adventure Labs](#) as a structured way to take notice of your surroundings.

**“Take a breath, notice the now and simply be”**

# Activity

This 'five senses' exercise is a simple mindfulness tool that can be used anywhere.

Pay close attention to your senses and take notice of:

- 5** things you can see
- 4** things you can touch
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste



# Reflection

How often do you truly take notice? How could you take notice more often? Which of the suggestions would you like to try?

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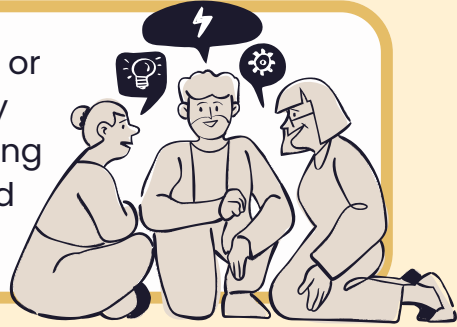
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# Keep Learning

Learning doesn't mean school or textbooks – it's about curiosity and growth. Exploring something new can boost confidence and give a sense of purpose.



## **Some ideas from the Changes community:**

- Read books or listen to audiobooks.
- Take an online course or watch a Youtube tutorial about something that interests you.
- Visit a library.
- Learn a new crafts skill e.g. crocheting or origami.
- Try a new recipe.
- Do puzzles (of all types e.g. jigsaw, sudoku, crossword, riddles etc.).
- Ask family members questions or older people about things when they were your age.
- Try quiz sites like Sporcle and JetPunk.
- Revisit an old interest you had as a child.

**“Learning is a lifelong process”**

# Activity: Word Search

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Y I H D V R R Q E N M X D B A V M V  
N O T I C E F R V L U L D M H R V C



**WELLBEING / LEARNING / CONNECT /  
ACTIVE / NOTICE / FIVE / WAYS / GIVE**

## Reflection

What are you interested in? Is there anything you enjoy that you'd like to improve at? How could you practice learning regularly?

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# Give

Helping others, even in small ways, can lift our own wellbeing. Giving isn't always about money or time. It's about showing care and connection.



## **Some ideas from the Changes Bristol community:**

- Smile at someone.
- Give a compliment every day.
- Give yourself kindness and self-compassion.
- Attend a Changes group and give time to listen to others, give reflections and feedback.
- Give someone a recipe you like or a book that helped you.
- Volunteer.
- Give to animals e.g. feed hedgehog, bird feeder.
- Give to nature - water a plant.
- Fundraise for charity or donate clothes you don't wear and unwanted gift sets.
- Do a litter pick/beach clean.

**“Small acts of kindness make big ripples”**

# Activity

Think of a time someone did something kind for you. What was the impact and how did it make you feel? How could you 'pay it forward'? What acts of kindness could you do for others?

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# Reflection

What does giving mean to you? How could you give more in your every day life?

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# Goal setting

A goal is something you want to achieve, like reading more or getting better at sport. Goals can give you a sense of achievement and help you work towards the change you want.

Sometimes goals feel too big, but SMART goals make them easier. These steps help you make clear goals that you can really reach.

## SMART Goals

**Specific** – The goal is clear.

Example: "I will read one book."

**Measurable** – You can count it.

Example: "I will read 20 pages."

**Achievable** – It is possible to do.

Example: "I will read 10 minutes each day."

**Realistic** – It makes sense for you.

Example: "I will not try to read 10 books in a week."

**Time-bound** – You set a finish time.

Example: "I will finish the book this month."

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