

## Policy Innovation - Wellbeing

### 4. Five Ways to Wellbeing Analysis (20mins)

#### Objective

The [Five Ways to Wellbeing](#) are five evidence based actions for promoting people's wellbeing. They are: *Connect, Be Active, Take Notice, Keep Learning and Give*. They apply to children but with one addition: *Creativity and Imagination*. They can be applied by people to their own lives, or can be 'designed in' to policies and services by organisations.

How you deliver a policy or service can clearly impact the wellbeing of those involved. The [#HelloMyNameIs](#) campaign in which hospital staff pledge to introduce themselves to patients before delivering care is a simple example of treating people with dignity, compassion and respect which could promote patient satisfaction and wellbeing.

This simple exercise helps you to think proactively about 'designing in' the Five Ways to Wellbeing to a policy, service or strategy.

#### Approach:

- Identify the different stakeholders, target audiences who might be impacted by your policy. Think about any frontline staff involved in delivery also.
- Add these stakeholders to the table attached and then consider:
  - Are aspects of these in your policy?
  - Can they be actively 'designed in'? If so, how?
- If any of the stakeholders are children and young people don't forget to consider whether you can stimulate "creativity and imagination"

#### Tips

- ✓ Refer to Stakeholder Wellbeing Analysis results if already completed
- ✓ Some approaches will design in multiple ways to wellbeing

#### Wellbeing Workshop Exercises

1. Stakeholder Wellbeing Analysis
2. Wellbeing-Time Analysis
3. Wellbeing Perspectives Analysis
4. Five Ways to Wellbeing Analysis
5. Contribution Analysis
6. Life course Analysis

Five Ways to Wellbeing Analysis Form

	Key Stakeholders	Five Ways to Wellbeing – can they be ‘designed-in’? How?					For Young People
	Who will be impacted by the policy, strategy or service?	Connect	Be Active	Take Notice	Keep Learning	Give	Creativity/Imagination
1							
2							

3							
4							

# Five ways to wellbeing

A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for well-being:

## Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

## Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

## Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

## Keep learning...

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