



**Take 5 Overview**  
**Promoting Positive Mental**  
**Health and Wellbeing**

We are a  
**Take5**  
SCHOOL



Connect



Keep learning



Be active



Take notice



Give



# The Five Steps to Wellbeing

The 5 Steps to Wellbeing is a set of practical mental health messages aimed at improving the emotional health and wellbeing of everyone. This resource has been developed to raise awareness of and the importance of engaging in a range of activities that will help you now and throughout your lifespan.

Use the acronym **C L A N G** to help you remember the 5 Steps to Wellbeing.

# The Five Steps to Wellbeing



The 5 Steps to Wellbeing in this context are:

- **Connect** – Spend time with people
- **Keep Learning** – Don't be afraid to try something new
- **Be Active** – Exercising makes you feel good
- **Take Notice** – of your thoughts and feelings and of others around you
- **Give** – Do something nice for someone else

C



Connect

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Keep learning

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G



Give

# The Five Steps to Wellbeing:



## **Connect** - Spend Time with People:

Social relationships are important to support wellbeing and buffer against mental ill health.

People with low levels of social participation and small **primary** social networks are more likely to have negative mental health experiences.

'**Wellbeing**' comprises two main elements: feeling good and functioning well. **Feelings** of happiness, contentment, enjoyment, curiosity and engagement are characteristic of a young person who has a positive experience of their life and in this instance in relation to their transition from Primary to Secondary School.

Having a broad social network, **connecting** and interacting with others can have a positive benefit on their wellbeing. The strength of relationships is important, thus feeling close to and valued by someone will, when given the time and space to both **strengthen** and **broaden** social networks, contribute to a person's wellbeing and enable their transition to be a positive experience.



All pupils have opportunities to have time during breaks to connect with friends.

Connections to family and community e.g. Colour Run, School Activities, School Community Events, such as Sports day, Diversity Week.

Visits from professionals to engage pupils e.g. related Take 5 support services

Teachers are encouraged to collaborate and share best practice to promote a consistent message re wellbeing.





# The Five Steps to Wellbeing:

**Keep Learning** - Don't be afraid to try something new:

In childhood, learning plays an important role in our social and cognitive development. Learning throughout our life stages contributes to self-esteem, social interaction and active lives, competence and self-efficacy.

Goal setting, particularly when self-generated, has a positive impact on wellbeing. While not everyone may enjoy learning in some environments or see positive outcomes, it is the case that the activity of learning in itself has benefits and is important for wellbeing, developing understanding and building confidence for the young person.





- Try something new
- Rediscover an old interest
- Take part in an Afterschool activity
- Take on a different responsibility at work...
- Learn to ride a bike, develop a new skill....
- 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**



# The Five Steps to Wellbeing:

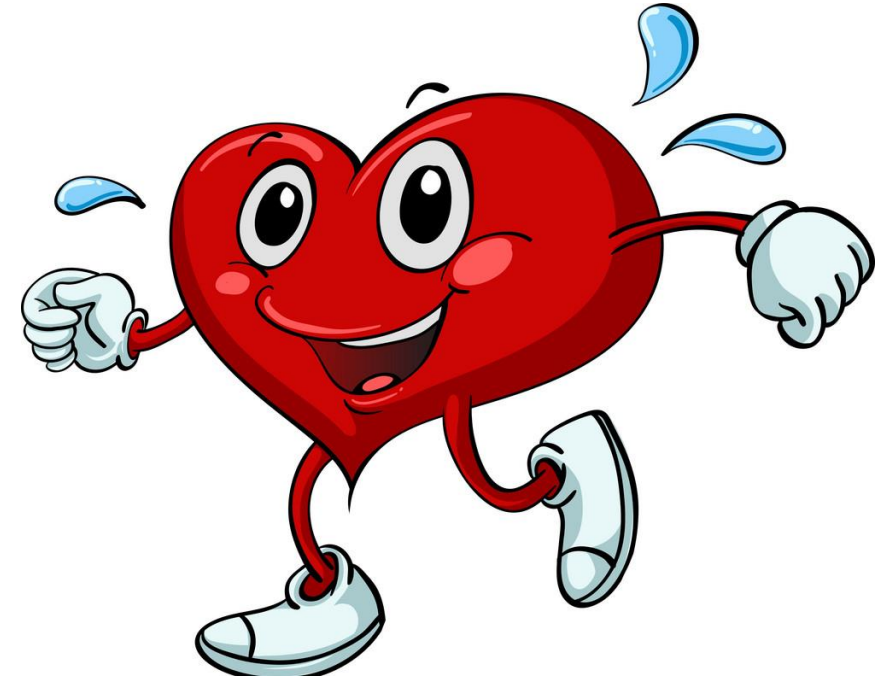
**Be Active** - Exercising makes you feel good:

Regular physical activity is associated with greater wellbeing and lower rates of anxiety and depression regardless of age.

There is evidence that physical activity protects against cognitive decline in later life.

Generally people believe that even a single bout of exercise or physical activity of less than ten minutes can improve mood and make people feel better. Activities can also have the benefit of strengthening interactions with other people e.g. when walking or participating in a team sport.

Connecting activity to transition relates to the ability to engage in something that enables the young person to either relax or activate the beneficial endorphin reaction in the brain that helps them to feel good, regulate mood and cope better when faced with change.



# How long should we be active for each day/ week?

- **75 minutes** a week of vigorous activity (breathing fast difficulty talking)
- **150 mins** of moderate intensity (increased breathing and able to talk)
- Because you are already exercising at this level, you will understand the benefits of maintaining this, not just so you can perform, but in the interests of your emotional health and wellbeing



# The Five Steps to Wellbeing:

**Take Notice** of your thoughts and feelings and of others around you:

Research has shown that being trained to be aware of your own senses, thoughts and feelings can result in improved wellbeing.

Being aware of what is taking place in the present leads to a more positive state of mind. Heightened awareness enhances an individual's self-understanding and allows an individual to make good choices.

Teaching a young person to self-regulate is an important step in enabling them to understand their needs and articulate this.



- Be curious
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Savour the moment, whether you are doing the daily mile, 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**





# The Five Steps to Wellbeing:

**Give** - Do something nice for someone else:

Helping, giving and sharing are associated with increased self-worth and positive feelings.

Giving stimulates the reward system in the brain, making you feel good and contributes to gains in cognitive and social functioning, particularly in earlier life, which is important to the development of your emotional health and wellbeing.

Undertaking acts of kindness regularly results in an increased sense of wellbeing. Feelings of happiness and life satisfaction are associated with active participation in social and community life.

Giving can be as simple as being with someone and 'giving' them your time to listen to them.



**Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you**

- Do something nice for a friend, or a stranger as a simple act of kindness.
- Smile, Say Please and Thank you!
- Volunteer your time to help others
- Join a community group
- Help fund raising for others who need it

