

Following the '5 Ways to Wellbeing' model that we use at Wellbeing Exeter, we bring you

### 5 Ways to Festive Wellbeing: CONNECT:

Find some examples of local groups and activities across Exeter in our 'Activity Menu' put together by the Community Builders: <https://www.wellbeingexeter.co.uk/wp-content/uploads/CB-Menu-v-1-2.pdf>



# 5 Ways to Festive Wellbeing

Connect

Learn

Be Active

Take Notice

Give

**TALK.....LISTEN....BE THERE.....FEEL CONNECTED**

- ✓ **WRITE A CARD** to someone you may have lost touch with
- ✓ **SHARE THE PREP** – Get Festive Together: organise a cooking or wrapping day with a friend or family
- ✓ **HAVE A MINCE PIE & CUPPA** with someone you know may be alone this Christmas

## 5 Ways to Festive Wellbeing: LEARN

Find local festive workshops, enrol on a course...

\*Colab: keep an eye for Colab courses here: <https://www.colabexeter.org.uk/courses>

\*Devon Recovery Learning Community: <https://devonrlc.co.uk/>

\*WEA: <https://bit.ly/2Rprqlg>

\*Exeter College: <https://bit.ly/2DMpXNI>

Find some examples of local groups and activities across Exeter in our 'Activity Menu' put together by the Community Builders: <https://www.wellbeingexeter.co.uk/wp-content/uploads/CB-Menu-v-1-2.pdf>



## 5 Ways to Festive Wellbeing

Connect Learn Be Active Take Notice Give

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES,  
SURPRISE YOURSELF

- ✓ **ENROL ON A COURSE OR WORKSHOP** – maybe to learn to make your own gifts
- ✓ **LEARN THE THING YOU'VE ALWAYS WANTED...** be it a craft, language, instrument, joining the choir (find your local group)

## 5 Ways to Festive Wellbeing: BE ACTIVE

Find some examples of local physical activities across Exeter in our 'Activity Menu' put together by the Community Builders: <https://www.wellbeingexeter.co.uk/wp-content/uploads/CB-Menu-v-1-2.pdf>



# 5 Ways to Festive Wellbeing

Connect    Learn    Be Active    Take Notice    Give  
**DO WHAT YOU CAN, ENJOY WHAT YOU DO,  
MOVE YOUR MOOD**

- ✓ **WRAP UP WARM & GO FOR A WALK** with someone you love - pet or a partner – forage for greenery to decorate your home
- ✓ **UP YOUR WALKING SPEED** – power up your walk by using app PaceDJ (free) to match your playlist to chosen walking pace
- ✓ **FESTIVE TV KEEPING YOU ON THE SOFA?** Each time you get up, sit down & stand up an extra time, or get moving around in the ads

## 5 Ways to Festive Wellbeing: TAKE NOTICE



# 5 Ways to Festive Wellbeing

Connect    Learn    Be Active    Take Notice    Give

**NOTICE THE SIMPLE THINGS THAT GIVE YOU JOY**

- ✓ **NOTICE THE LITTLE THINGS** – have gratitude for small gestures, take compliments and pass them on
- ✓ **WHAT BRINGS YOU JOY?** Opening cards, the twinkly lights, warm hot chocolate – savour & notice these micro-moments
- ✓ **THINK ABOUT....**those who may be alone this Christmas... being green – use recycled wrapping paper, avoid foil or shiny paper...can you shop locally for veg & meat?

## 5 Ways to Festive Wellbeing: GIVE

Local Volunteer Opportunities: <https://do-it.org/organisations/exeter-volunteer-centre>



# 5 Ways to Festive Wellbeing

Connect    Learn    Be Active    Take Notice    Give  
YOUR TIME    YOUR WORDS    YOUR PRESENCE

- ✓ **NOTHING BEATS A HANDMADE GIFT** – try truffles, mulling syrup, table decoration or shop through local social enterprises, or buy from local artists.
- ✓ **TIME** – it can be a busy time but ensure to give time to yourself and people around you – beats any gift.
- ✓ **VOLUNTEER** – do you have a few spare hours a week – volunteer for a local charity in the new year.