



**Arthur Ellis**  
Mental Health Support

## WINTER WELL-BEING ACTIVITY

**Our well-being is so important!  
It's how comfortable, happy and healthy we are throughout our lives.**

**It can be challenging to manage our well-being throughout winter so here's an activity for you and the family to help you keep in control of your well-being throughout the winter months!**

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# THE 5 ELEMENTS OF WELL-BEING



**BEING ACTIVE** isn't just good for our physical health but it has a huge, positive impact on our mental health too! Physical activity strengthens the hippocampus, the area of our brain responsible for memory, learning and regulating emotions, through a process called Neurogenesis and has been proven to support the recovery and management in depression and other mental health issues.

**TAKING NOTICE** is all about becoming in the moment and recognising what thoughts we are having and how they are making us feel. This can be done through anything that forms concentration or reflection, like listening to music and focusing on the words, walking and focusing on the sounds of nature or reflecting on your thoughts of the day through journaling. This develops a form of grounding and self-awareness which can combat worry about future situations and help us to address the things that we *can* control and support our thoughts and feelings towards that which we can't control. It has been proven to reduce both anxiety and depression.



**LEARNING** is more than attending college or university, it's about consistently searching for ways to develop our knowledge about us, other people and the world. Learning has been proven to improve overall brain health and memory. If we are always learning new things, this can do wonders for our self-esteem and confidence. If we are more self-confident then we are able to adapt quicker and more effectively to change as well as dealing with different people through improvements to our interpersonal skills. This could be focusing on learning a new skill like painting, crafts or even just learning a new word every day.

**CONNECTING** with other people can have a huge, positive impact on our well-being by not only fighting isolation and loneliness but has other effects too. Having friendships and good relationships has been proven to lengthen our lives, combat stress and give us a real sense of purpose and belonging. Even though we are restricted at the moment with the amount of people we can see, how we see them and what we can do, it is so important for us to keep regular contact and connect with our loved ones consistently.








**GIVING** is becoming more and more prevalent within society. This isn't just donating to your chosen cause but it's about working towards something that is bigger than ourselves. Giving our time, our knowledge and helping someone with no expectation of reward gives us a purpose, something to live for and something to boost our self-esteem and self-worth. This could be supporting members of your family, friends or neighbours. Simply asking if anyone needs anything at the shop or offering to do certain jobs or chores.

# STEP 1 – WHAT YOU DO FOR YOUR WELL-BEING



Now we've got an understanding of the elements of our lives that contribute to our well-being, let's have a think about what we do already and where we might need to add some...

Below is a table with 5 columns for each of the 5 elements of well-being. Have a think about what things you already do or have in your life that could fall into each one. This can also be used to outline what you do as a family within the areas too!

 BEING ACTIVE	 TAKING NOTICE	 LEARNING	 CONNECTING	 GIVING
Walking my dog	Meditation	Understanding a new area of my job	Catching up with a friend I haven't spoken to recently	Donating to a cause
Yoga	Walking without phone	Learn a new word every day	Setting up regular family video calls	Offer to go shopping for a neighbour
Weights	Journaling	Learn a new language	Have dinner with my partner without the TV on.	Help teach someone something they need help with
Running	Daily Reflection	Learning from different situations		
Cycling				

# STEP 1 – WHAT YOU DO FOR YOUR WELL-BEING



BEING ACTIVE



TAKING NOTICE



LEARNING



CONNECTING



GIVING

BEING ACTIVE	TAKING NOTICE	LEARNING	CONNECTING	GIVING

## TIP!

If there's more than one of you at home, why not share your activities, whole family activities and activities your partner does in different colours!

# WINTER IS COMING!



This kind of activity can be beneficial for your overall wellbeing but can also be a good tool to use throughout the winter as the shorter days, less sunlight and poorer weather can often impact the activities we do within the 5 elements of well-being.

We can even notice some slipping off completely leaving us to feel low, unmotivated and sluggish. That is okay but you can use this exercise to regularly adapt your well-being activities to make sure you're keeping on top of it. This can be a good way to recognise something's not quite right and step in quicker.

## STEP 2...

The next step is to plan your individual and family activities throughout the week!

You can fit this around general life factors too like work and school. We have also put in where the sun sets and rises so you can focus on activities to make the most of the daylight!



# STEP 2 – LET'S MAP YOUR WELL-BEING OUT FOR THE WEEK!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am – 8am Sunrise							
8am – 10am							
10am – 12pm							
12pm – 2pm							
2pm-4pm							
4pm – 6pm Sunset							
6pm – 8pm							
8pm – 10pm							





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