

5 Ways to Better Wellbeing

There are lots of small things we can do to support our mental health and wellbeing. Here are a few suggestions to try during the World Athletics Indoor Championships Glasgow 24.



SAMH

Scottish Action for Mental Health

OFFICIAL EVENT SUPPORTER

Connect

Staying in touch with loved ones can help us feel happier and more secure. Even a chat can lift our mood.

- Ask someone who you're with how they are, and take the time to really listen
- Meet up with friends or family to watch the Championships
- Go to the activities at St Enoch Centre and Square

Be Active

Being active is great for our physical health, but it also supports our mental health and wellbeing.

- Go for a walk, jog or push during the Championships
- Try a new sport or activity
- Meet up with friends or family to take part in a group activity
- Try your local jog**scotland** group

Take Notice

Whether you're with friends or taking a moment for yourself, try to be aware of the present.

- Get out in the fresh air and notice what you can see, hear or smell
- Soak up the atmosphere at the Championships
- Notice how you and others are feeling
- Spot key points of interest in the city

Learn

Learning enhances our self-esteem and confidence, and can be a great way to meet new people.

- Take part in our 5 Ways activity
- Visit the MOWA Indoor Athletics & Glasgow 2014 Commonwealth Games Exhibition at St Enoch Centre
- Learn a new skill, or rediscover an old one!

Give

Giving can be very rewarding - people with an interest in helping others are more likely to say they are happy.

- Give your support to athletes competing
- Volunteer your time and energy for a cause you are passionate about
- Do something that makes you feel good and helps you look after yourself

Tracking your 5 Ways activity

If you liked our ideas, or have some of your own, try our 5 Ways to Better Wellbeing activity during the World Athletics Indoor Championships Glasgow 24. You can use this page to note your progress and, if you'd like to help spread the positivity, you can share your achievements on social media using #5WaysWIC24



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