Five Ways to Wellbeing

Learn Happy .org.uk

Take Notice

Being present with your attention helps you to think clearly and calmly. When we are fully present we are not worrying about what has been or what might be.

Try an activity to focus your attention on the present.

Visit www.learnhappy.org.uk/workplace-wellbeing for further resources.

- Go outside and find six different shades of green.
- Listen carefully, try to collect ten different sounds.
- Stop and take breath. Slowly in and even slower out.
- Make a texture collection, soft, smooth, rough, bumpy, etc.
- Close your eyes and carefully trace over the contours of your face.
- Count the number of steps between two familiar points, e.g. desk to door.
- Find eight different items that will all fit in the palm of your hand.
- Find something with a texture that you find pleasing.
- Look at a familiar sight for three minutes, see if you can spot something new.
- Eat something slowly noticing your full sensory experience.