

WELLBEING



This factsheet is about our wellbeing; something which may be easily neglected due to the e busy lives we lead. Getting through the day can mean lots of tasks and so the need to be comfortable, healthy, happy and functioning well can be at the bottom of the pile. Wellbeing is individual to us all and may include being positive about what we do each day, having positive relationships, being financially secure, in good physical health and taking pride in our contribution to society.

Below you will find five tips (from research conducted by the New Economics Foundation) to help you to maintain your wellbeing, however, if you need to speak to someone for further support please contact us on [0345 241 2885](tel:03452412885) or email welfare@railwaybenefitfund.org.uk. We can offer you information and advice on a range of generalist issues. You may also refer to our stress factsheet for details of other organization that can help too.

Five ways to wellbeing

1. **Connect** – Interacting with others can enrich our everyday lives. Try to make time, even if it's just 10 minutes a day to talk or spend time with family, friends, colleagues and neighbours. Having this network around you can provide you with a huge amount of comfort and support.
2. **Be active** – Make this enjoyable. If you want start off with something small and as it becomes part of your life give it more time. This may include a walk, jog, cycle, gardening, dancing or anything else that gets you moving.
3. **Take notice** – We often go about our day to day activities without taking a moment to savour what may now be classed as the small things in life and include the changing seasons, taking a few minutes to enjoy the moment, whether you are walking to work, talking to friends or eating lunch and notice what you are feeling.
4. **Keep learning** – Try something new or rediscover an old interest. Sign up for that course, take on a new responsibility at work, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving.
5. **Give** – Do something nice for a friend or stranger. Thank someone, smile, volunteer your time or join a community group. Look out as well as in. Seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Getting outside in your lunch break, walking home through the park, going for a drive in the country or even having a plant on your desk can all contribute to your wellbeing. Eating a healthy diet can also have a positive impact on our wellbeing, giving you a feeling of vibrancy and energy. Surround yourself with positive inspirational people who make you feel happy; smiling is contagious!