



inspire

wellbeing, ability, recovery



TAKE 5 STEPS TO WELLBEING

CONNECT

TALK + LISTEN,
BE THERE,
FEEL CONNECTED

Give

Your time,
Your words,
Your presence

TAKE NOTICE

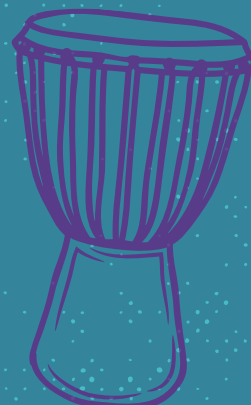
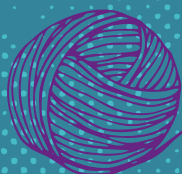
NOTE THE SIMPLE
THINGS THAT
BRING YOU JOY

KEEP LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Be Active

Do what you can,
Enjoy what you do,
Move your mood



COMMUNITY
FUND



arts
council
of Northern Ireland

HEALTH BENEFITS OF DRUMMING



Reduces Depression

Drumming allows you to escape lingering negative feelings which in turn can help you to cope with anxiety and depression



Releases Endorphins

Drumming releases endorphins in the brain which create feelings of happiness and euphoria.



Boosts Cognitive Ability

Additionally it enhances creativity & problem - solving abilities as well as strengthening your overall brain power

Helps You Relax

The repetitive sound can take your focus away from your worries.

Group drumming can improve social resilience and mental wellbeing



Physical Benefits

Drumming boosts the immune system, improves posture, flexibility & muscle tone. It can increase heart rate & support heart health. It lowers the risk of chronic diseases like heart disease and type 2 diabetes



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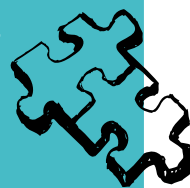
TAKE
NOTICE

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Be
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Take 5 are five simple steps to maintain and improve your wellbeing. This booklet is designed to help you to think about how you can embed Take 5 into your daily routine.

Connect with the people around you. Building meaningful connections will support and enrich you every day. Take time to interact with others, it can be a quick chat in the local shop or spending time with those we feel close to.



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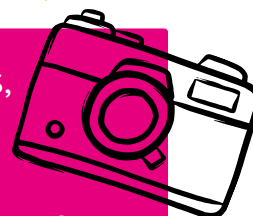
Do what you can,
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Exercising and movement can make you feel good. Keep it regular and within your limits. Try going for a walk, or gentle stretching. Start to think about the physical activities you enjoy.

Being more aware of the present moment – your thoughts, your feelings, your body and the world around you – can positively change the way you feel about life.

Exploring your creativity can help you become more aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate things.



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Don't be afraid to try something new! Taking up a creative hobby is a great way to learn new skills and improve cognitive function. It's never too late to rediscover an old hobby or sign up for a course.

Do something nice for a friend, stranger or your local community. Thank someone, smile, volunteer or consider joining an arts group and share something you created.

Give

Your time,
Your words,
Your presence



CONNECT



Having a wide social network and engaging with others can significantly enhance our well-being. Participating in creative activities is an excellent way to foster connections. Using art as a form of communication can help bridge social gaps.

We establish connections when we feel free to be ourselves, express our thoughts and emotions, or embark on new experiences together. Creative pursuits can create a sense of closeness and appreciation, leading to an increase in self-esteem.

Here are some prompts to help you begin connecting with others.

DIGITALLY

Send a text message to someone who you haven't talked to for a while

Join an online group relating to your interests or hobbies

IN-PERSON

Make time to have a coffee and chat

Start a class or new hobby - sing, dance, take photos, flower arrange!

VERBALLY

Share your thoughts on something interesting you have noticed

Share positive stories with others

WRITTEN / DRAWN

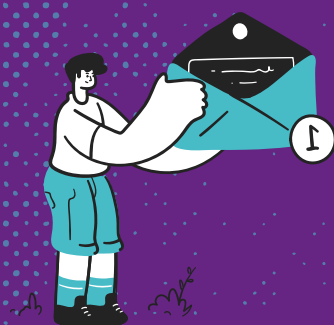
Write a letter, a poem, a joke or a card

Share a Photograph, a drawing or leave a painted stone somewhere public

OTHER

Random Act of Kindness (whatever you like)!

Pay it forward



WHAT OTHER WAYS CAN YOU THINK OF THAT ALLOWS YOU TO CONNECT TO THE PEOPLE AROUND YOU

CONNECT

TALK + LISTEN,
BE THERE,
FEEL CONNECTED

There are many ways to connect with those around you. Have a think and then -

Write down:

1. What you already do to connect.
2. Who you would like to connect with.
3. How would you like to connect with others?
4. Could you be creative in your connection?



TAKE NOTICE

NOTE THE SIMPLE THINGS THAT BRING YOU JOY

When we are engaged in a musical activity such as drumming, it can help calm us and improve focus.

Take Notice And Reflect On:

1. Your Body
2. Your Mind
3. The World Around You



1

Blank space for reflection on the first point.

2

Blank space for reflection on the second point.

3

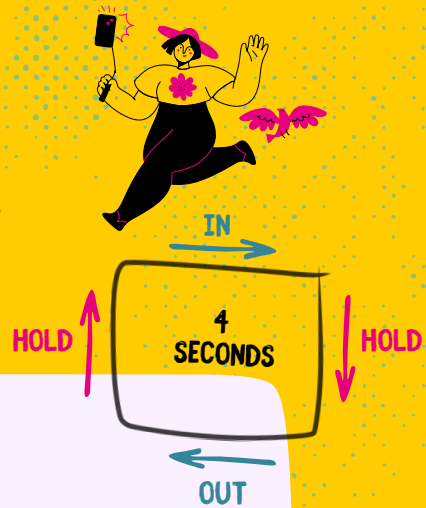
Blank space for reflection on the third point.



YOU DON'T NEED TO SHARE WITH ANYONE UNLESS YOU FEEL COMFORTABLE DOING SO

TAKE NOTICE

HERE ARE SOME EXERCISES TO HELP YOU TAKE NOTE. TAKING SOME TIME TO RECOGNISE HOW YOU FEEL CAN HELP BOOST WELLBEING AND BUILD YOUR RESILIENCE.



1

BOX BREATHING EXERCISE

Sit in a chair, stand, or lie down. Put one hand on your chest and one hand on your stomach. As you breathe in and your lungs inflate, push your chest and then stomach out (if comfortable).

Step 1: Breathe in, counting to four slowly. Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Wait for another 4 seconds before you breathe in again.

2

GROUNDING EXERCISE

See: Focus on an object and take note of everything about it - texture, colour, any flaws etc.

Touch: Close your eyes and relax. What can you feel? The seat, your clothing, your feet on the ground, air on your skin?

Hear: What sounds in the room, your breath, birds outside etc?

Taste & Smell: Take some food that you like and smell it, put it in your mouth, note the texture and how the flavour makes you feel, the sensation of chewing, take your time to really enjoy it.

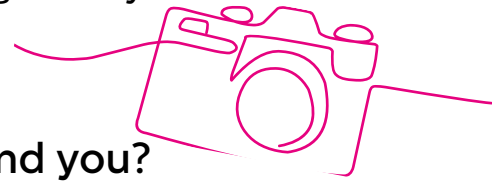
3

MINDFUL ART / CREATIVITY

Think about what you might like to do. It can be as simple as buying a colouring in book, writing down a memory, collecting pebbles or arranging flowers in a bowl. Once you have started, take note of what you are experiencing while you create. If it is a new activity, you might feel nervous, but don't worry about mistakes, feel free to just create. When you have finished come back to it later and see how it makes you feel. Think about experimenting, what else might you enjoy doing?

TAKE NOTICE

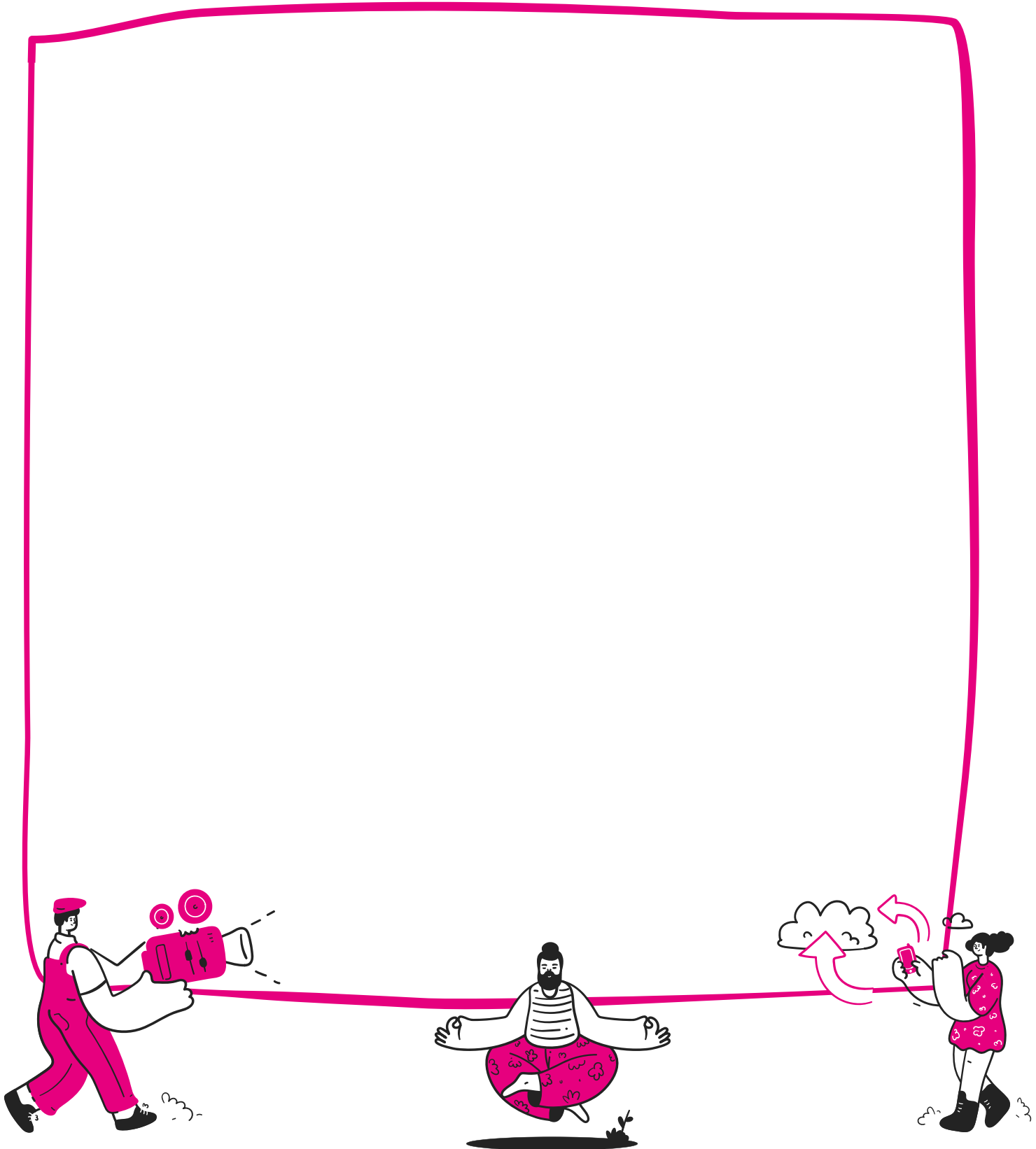
Being aware of the world around you and what you are feeling can bring a sense of calm into your life. Reflecting on your experiences will help you appreciate things in a more meaningful way.



Write down:

1. How will you take notice of the world around you?
2. How can you do this in a creative way?

Will you go for mindful walks, sketch or write about your day?



KEEP LEARNING



In the last month, how many of these activities listed below have you done?

☐ Watched a documentary

☐ Read a book

☐ Tried a new food

☐ Discovered a new interest

☐ Signed up for a course

☐ Tried to make something

☐ Did some DIY / fixed something

☐ Listened to some new music

☐ Started a new hobby

☐ Set yourself a challenge



WOULD YOU CARE
TO SHARE WITH
THE GROUP
SOMETHING YOU
HAVE TICKED?

KEEP LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

We are always learning, sometimes without even knowing it. Our advice is don't be afraid to try something new, rediscover an old hobby, take a quiz or watch an online tutorial.

Write down:


- What hobby do you love making time for?
- What have you always wanted to learn?
- What can you do or what do you need to make that happen?





HEALTH BENEFITS OF CREATIVE ACTIVITIES

Be
Active

Creative activities can help you keep active. They provide all kinds of positive impacts on your physical and mental function because they encourage out-of-the-box, unconventional thinking that helps to stimulate both the left and right side of your brain.




Painting, drawing, crafting and DIY can stimulate your hand-eye coordination, which triggers the right side of the brain and helps to improve your motor skills.



Dancing and playing a musical instrument can help improve your memory, cognitive function and strengthen bones and muscles.


Getting out to a group activity or doing some basic gardening will help you keep active.

Go for a walk with a notepad or your camera (phone). Sketch, write poems or take photos of interesting things you encounter.



Put on your favourite music, singalong and boogie in your kitchen!

Singing can reduce the stress hormone cortisol. Singing in a group can cause your body to release endorphins. This hormone can help promote positive feelings and can change your perception of pain. Singing can improve lung function by building strength in your respiratory muscles.



Be Active

Do what you can,
Enjoy what you do,
Move your mood

Being active doesn't always have to mean going for a run or a hike. Any form of exercise can make you feel good but it is important to find a physical activity that you enjoy. Music can help boost motivation and mood!

Write down:

- What exercise do you currently do?
- What exercise might you enjoy doing?
- What would help make it more enjoyable?



Give

**Your time,
Your words,
Your presence**

Below is a list of acts of kindness that can help others but also be a good boost to our own self esteem. Have a think about what you could do to give back. Some suggestions can be both individual and community based.

- Help build a community garden
- Ask if you can help at a local charity shop
- Take part in a local park or beach clean up
- Donate clothes you no longer use
- Smile at a stranger
- Do a charity fundraiser
- Get in touch with a friend
- Spend time connecting with others at a group
- Teach a new skill to someone you know
- Compliment someone
- Hold open a door for someone
- Write a list of things you are thankful for about someone you know
- Plant a tree



INDIVIDUAL

COMMUNITY



Give



Doing something nice for a friend or stranger can not only have a positive impact on them but also on you. Why not thank someone, volunteer your time or consider joining a community group.

Write down:

- What do you do for others that gives you a sense of joy?
- Could you dedicate some time to volunteer?
- Could you make something to bring cheer to others?



SELF CARE *Bingo!*

Take a few minutes to do some stretches

Take a moment to do some gardening

Make time to drink a warm cup of tea

Listen to your favourite song or piece of music

Take a warm shower

Be kind to someone - a friend, colleague or neighbour

Make space in your day to organise your room

Never mind the weather - head to the beach or the park

Visit a local museum or arts / cultural centre

Call your favourite person

Take a minute and treat yourself

Find an exercise you enjoy, dance, swim or simply stretch

Try a new recipe - sweet or savoury

Take a breath and do some breathing exercises

Play with a pet

Watch your favourite film or a new movie

Chat to someone you have just met

Enjoy the sunrise or sunset

Make time to listen to calming music

Start a new hobby - knitting, bowling or drawing

Test your limits - No social media for a day

Try to go to bed early

Pick a book and make the time to sit down and engross yourself

Go for a walk in nature - breathe in that fresh air

Drink more water

Self-care
IS EMPOWERMENT



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wellbeing, ability, recovery

MY TAKE FIVE PLEDGE

TAKE 5 STEPS TO WELLBEING

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If you are considering making a change in your life, then you are more likely to be able to achieve this if it is something you really want to do and you feel confident in being able to do it. Keep it simple and true to you!

How will you Take 5? Put as much or as little in the pledge as you like.

Need some inspiration? Visit www.communitywellbeing.info/take-5-steps-to-wellbeing



USEFUL CONTACTS

SUPPORT



CREATIVE

The Tara Centre, Omagh,
Emotional wellbeing, 028 8225 0024,
www.taraomagh.com

The Aisling Centre, Enniskillen
Emotional wellbeing, 028 6632 5811
www.theaislingcentre.com

Inspire Western Community
Wellbeing Services
westerncws@inspirewellbeing.org

Woman's Aid Omagh, 028 8224 1414,
www.omaghwomensaid.org

South West Age Partnership, Help for
older people, 028 8225 1824,
aforbes@southwestagepartnership.co.uk

Western Trust Recovery College
(Courses & Workshops)
[www.westerntrust.hscni.net/service/recovery-
college/](http://www.westerntrust.hscni.net/service/recovery-college/)

Omagh Healthy Living Forum
www.omaghforum.org/ohln/

Omagh Community House / FOCUS
2 Drumragh Ave, Omagh BT78 1DP

Resilio (Hope Matters)
hopenatters@resilio-ni.org

Men's Shed Omagh
[www.menssheds.ie/sheds/omagh-
mens-shed/](http://www.menssheds.ie/sheds/omagh-mens-shed/)

Men's Shed Drumquin
[www.menssheds.ie/sheds/drumquin-
mens-shed/](http://www.menssheds.ie/sheds/drumquin-mens-shed/)

Fermanagh & Omagh District Council
Community Services:
www.fermanaghomagh.com/services/community

Western Trust Support Services;
www.publichealth.hscni.net

The Strule Arts Centre, Omagh.
028 8224 7831
www.struleartscentre.co.uk

Ardhowen Theatre Enniskillen,
www.ardhowen.com
(Enniskillen Annual Drama Festival)
www.enniskillendramafestival.org

Sliabh Beagh Arts, Roslea
www.sliabhbeagh.org

Omagh Bluegrass Festival
[www.ulsteramericanfolkpark.org/whats-
on/bluegrass-omagh](http://www.ulsteramericanfolkpark.org/whats-on/bluegrass-omagh)

Omagh Library (activities & events)
[https://www.librariesni.org.uk/libraries/
s/county-tyrone/omagh-library/](https://www.librariesni.org.uk/libraries/county-tyrone/omagh-library/)

Fermanagh Film Club, The Enniskillen
Hotel, 72 Forthill St, Enniskillen BT74 6AJ
www.fermanaghfilmclub.com

Exit Does Theatre
is a charitable organisation whose objectives are
to advance education & promote arts & culture,
especially performing arts.
exitdoestheatre@gmail.com

Trillick Arts & Culture Society. The
advancement of the arts, culture &
heritage (Facebook)

Dún Uladh Cultural Heritage Centre,
Omagh www.dunuladh.ie

Higher Bridges Gallery,
The Clinton Centre, Enniskillen,
[www.dnote.website/?venue=higher-bridges-
gallery](http://www.dnote.website/?venue=higher-bridges-gallery)

Enniskillen Castle & Museum
www.enniskillencastle.co.uk

University of Atypical, Disability & Arts
www.universityofatypical.org

NI Mental Health Arts Festival
www.nimhaf.org



Join mailing lists or pick up leaflets and brochures to get
regular updates from your local venues, council and groups.
Follow groups on social media to hear about opportunities.

For more information on how you can look after your mental health
and wellbeing, visit: www.communitywellbeing.info

NEW RHYTHMS DRUMMING CIRCLE



We would like to thank Aidan Dunphy, Murphy's On Main Street, Fintona Community Forum, the Ecclesville Centre and Prospects Court. This project was supported by the National Lottery through the Arts Council of Northern Ireland.



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