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wellbeing, ability, recovery

YOUR TAKE FIVE STEPS TO WELLBEING GUIDE



COMMUNITY FUND

arts council of Northern Ireland

CONNECT Give TAKE NOTICE KEEP LEARNING Be Active

Take 5 steps to wellbeing, researched and developed by the New Economics Foundation, are 5 simple steps to maintain and improve your wellbeing. Here is some quick advice to help you start thinking about how you can embed Take 5 into your daily routine:

CONNECT:

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.

TAKE NOTICE:

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. Creativity can help you see the world in a whole new way.

KEEP LEARNING:

We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem. Gaining new skills will also give you a sense of achievement.

BE ACTIVE:

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

GIVE:

Helping a friend, a neighbour or your community can improve your wellbeing and build new social connections. So why not offer to make a cup of tea for a friend or volunteer your time helping in your local area?

HEALTH BENEFITS OF DRUMMING

Releases Endorphins

Drumming releases endorphins (our feel-good chemicals) in the brain which create feelings of happiness and euphoria.

Reduces Depression

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

Helps You Relax

The repetitive sound can take your focus away from your worries.
Group drumming can improve social resilience and mental wellbeing



Boosts Cognitive Ability

It enhances creativity and problem - solving abilities as well as strengthening your overall brain power

Physical Benefits

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

CONNECT

There are lots of ways to connect to those around you. Let's get you thinking.



Write down:

- What you already do to connect.
- Someone you would like to connect with.
- How would you like to connect with others?
- Could you be creative in your connection?

CONNECT

Having a wide social network and engaging with others can significantly enhance our wellbeing. 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	IN-PERSON	VERBALLY	WRITTEN	OTHER
Send a text message to someone who you haven't talked to for a while	Make time to have a coffee and chat	Talk to a person who you don't know well	Write a letter or a card	Random Act of Kindness
Join an online group	Start a class or new hobby with others	Share positive stories with others	Set up a notice board	Pay it forward



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

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:

- How will you take notice of the world around you?
- How can you do this in a more creative way?
- Will you go for mindful walks, sketch or write about your day?

TAKE NOTICE

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

Take Notice And Reflect On:

- Your Body
- Your Mind
- The World Around You

1

2

3

!!

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

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 - shape, 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: the sounds in the room. Your breath, people nearby 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.

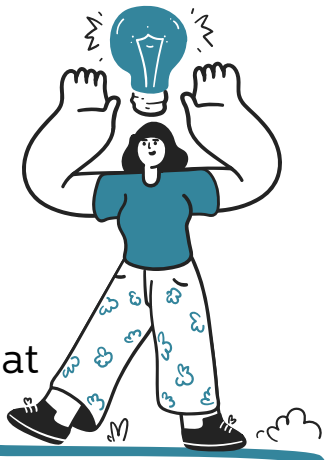
3

MINDFUL ART

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?

KEEP LEARNING

We are always learning, sometimes without even knowing. Our advice is don't be afraid to try something new! Rediscover an old hobby, take a quiz, join a course 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?

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 to do a course
- [ ] Took on a new responsibility
- [ ] Did some DIY / mended 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?

BE ACTIVE

Being active doesn't 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?

BE ACTIVE

Creative activities can help you keep active. They provide all kinds of positive impact 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.

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

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

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



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

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

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.

GIVE

Doing something nice for a friend or stranger not only has 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?

GIVE

Below is a list of acts of kindness that can help others. Have an open discussion on what you as an individual and/or community can 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
- Be a mentor
- Take part in a local park or beach clean up
- Donate clothes or items you no longer use
- Smile at a stranger
- Do a charity fundraiser
- Get in touch with a friend
- Paint or craft something and leave it for a stranger to find
- Teach a new skill to someone you know
- Compliment someone on something they have achieved
- Write a list of things you are thankful for about
- Plant a tree or some wild flowers



Individual

Community



HAVE YOU ANY MORE SUGGESTIONS YOU WOULD LIKE TO ADD?



SELF CARE Bingo!

Take a walk - even for 10 mins	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 long shower
Be kind to someone - a friend, colleague or neighbour	Make space in your day to organise your room	Never mind the weather - pack a bag and head to to the park	Make a date to lunch with friends	Call your favourite person
Take a minute and treat yourself	Find an exercise you enjoy, yoga, swimming...	Try a new recipe - sweet or savoury	Take a slow breath, and do some breathing exercises	Play with a pet
Watch your favourite film or a new movie	Make time to have a coffee and chat with a colleague	Catch the early bird and watch the sunrise	Make time to listen to calming music	Start a new hobby - knitting, bowling or painting
Test your limits - No social media for a day	Try to go to bed early	Pick a book and take 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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MY TAKE FIVE PLEDGE



CONNECT Give TAKE NOTICE KEEP LEARNING Be Active

If you are considering making a change in your life in some way, 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.

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

STEP (South Tyrone Empowerment Programme)
www.stepni.org / info@stepni.org
Mid Ulster AgeWell
www.agewellpartnership.org
midulsteragewell@gmail.com
Cookstown & Western Shores Area Network (CWSAN)
www.cwsan.org / info@cwsan.org
Mid Ulster Volunteer Centre
midulstervolunteercentre.org
InVOLve
www.involveni.org
Causeway & Mid Ulster Women's Aid
www.causewayandmidulsterwomensaid.org.uk
Men's Sheds
www.menssheds.ie/shed_county/all-provinces
Magherafelt Men's Shed
info@networkpersonnel.org.uk
Mid Ulster District Council
www.midulstercouncil.org
The Hub BT80 (Cookstown)
thehubbt80@hotmail.com
Cruse Bereavement Care
www.cruse.org.uk
armaghanddungannonarea@cruse.org.uk
Mid Ulster Wellness Association
midulsterwellness@gmail.com
Northern Area Health & SC Trust
www.northerntrust.hscni.net
Southern Area Health & SC Trust
www.southerntrust.hscni.net
Inspire Community Wellbeing
hello@inspirewellbeing.org

CREATIVE

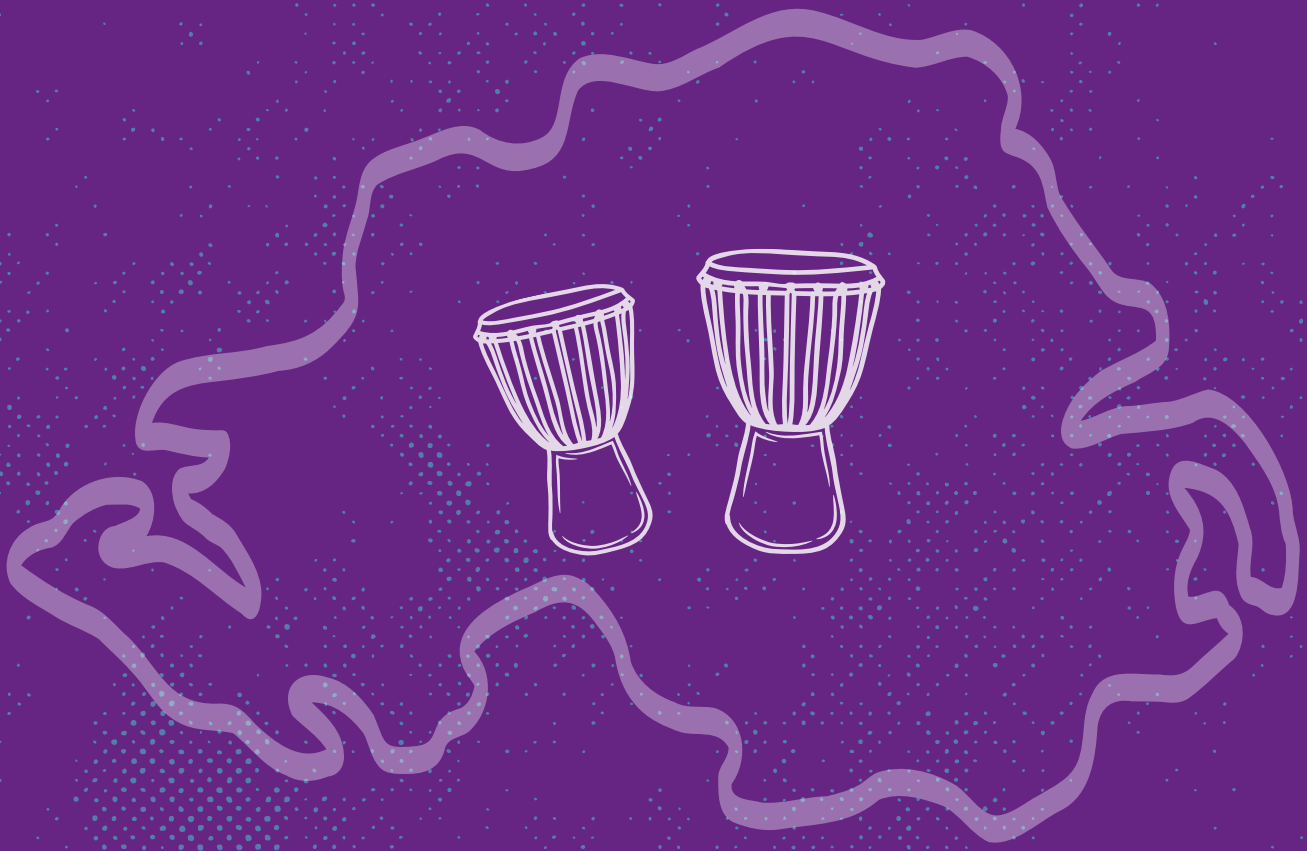
LET'S CRAFT NI, Mid Ulster
www.letscraftni.com/mid-ulster-courses
Burnavon Arts and Cultural Centre,
Cookstown www.burnavon.com
Beam Creative Network, Donaghmore
www.beamcreativenetwork.com
Bardic Theatre, Donaghmore
www.bardictheatre.com
Seamus Heaney Homeplace, Bellaghy
seamusheaneyhome.com
Craic Arts Centre, Coalisland
www.craicartscentre.co.uk
Hill of The O'Neill Arts & Visitors Centre, Dungannon,
www.hilloftheoneill.com
Apex Music Centre, Cookstown
www.apexmusic.co
CannyMan Community Arts Group
(find on social media) based at Galbally Community Centre
Dungannon All Stars (Disability & Autism Friendly Theatre Group)
allstarsdungannon.weebly.com
Glasgowbury, Draperstown
www.glasgowbury.com
Stewartstown Amateur Dramatic Society
sdramasociety@hotmail.com
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 current opportunities.

For more information on how you can look after your mental health and wellbeing, visit: www.communitywellbeing.info
Or try a free course at your Health Trust's Recovery College.

NEW RHYTHMS DRUMMING CIRCLE



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