

Takes5

steps to wellbeing



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your emotional wellbeing. Try to build these into your daily life - think of them as your 'five a day' for wellbeing.

Try the library five steps to wellbeing.



Connect

Connecting with your local library can open up all kinds of opportunities to meet new people and develop friendships. It's a great place to meet for a coffee and a chat or join in with one of our many free activities like a craft or Knit and Natter, Tea and Newspapers or a reading group. In the library you can simply just enjoy the company, you don't have to join in.

Building these connections will support and enrich you every day.



Keep Learning

We love to see new members, so join up and borrow some books or use a computer. Come along to one of our craft groups and learn to knit or crochet. Try a free computer session for beginners, or come and join in with an iPad class. Take part in a reading group, have a go at some creative writing, or learn to play bridge or chess. Research your local and family history. It's all very informal and fun.

Learning can make you feel good about yourself.



Be Active

Use your local library as a destination you can walk to. While you are there you can discover what's on in the local community, borrow books or join up for free eMagazines on how to keep healthy and fit.

Exercise or physical activity can improve mood and make people feel better.



Take Notice

When you visit your local library, you can take time to find out or talk about the world around you by reading a newspaper or book. Or you can have a cup of coffee, enjoy some Mindful Colouring, or sit quietly and watch the world go by.

Being aware of what is taking place in the present leads to a more positive state of mind.



Give

Share your skills with others at one of our craft sessions. You could become one of our book reviewers and be the first to write a review of a new book. Help us run one of our reading groups, or set one up yourself. Volunteer some of your time and apply for one of our volunteer roles in libraries or we can signpost you to other organisations with volunteer opportunities.

Helping, giving and sharing are associated with increased self-worth and positive feelings.

The five ways to wellbeing were developed by the New Economics Foundation.

Artwork designed in association with Belfast Strategic Partnership.