

# #5ways5daysNHS challenge

## For children and young people

### Mental wellbeing for children and young people with the Five Ways to Wellbeing #5ways5daysNHS challenge – May 2020

Take care of your own mental wellbeing during lockdown and help to raise awareness so that other children and young people can learn simple ways to look after their mental health too. Take our challenge to fit the NHS's Five Ways to Wellbeing into your week and nominate five other people on Instagram, Twitter or Facebook to do the same, using the hashtag **#5ways5daysNHS**. Let's spread the word!

There are many things you, and those around you, can do to stay well – continuing to stay at home and practise social distancing, for example, are key to everyone's physical health at the moment. But during these difficult and worrying times, it's also more important than ever to look after your mental wellbeing. Evidence suggests that the Five Ways to Wellbeing, recommended by the NHS, can really help you to feel healthier, happier and more positive.

The Five Ways are five simple actions you can do every day

1. CONNECT
2. BE ACTIVE
3. TAKE NOTICE
4. KEEP LEARNING
5. GIVE



Why not try a few of our ideas and even come up with your own list of Five Ways activities? Encourage other family members and friends to think about how they can make the Five Ways to Wellbeing part of everyone's daily life at home.

## The Challenge

During May we are inviting children and young people and their families to take part in our online **#5ways5daysNHS** challenge to promote the Five Ways to Wellbeing. To get you started we have put together a **primary school guide** and **secondary school guide** with lots of suggestions for activities linked to each of the Five Ways. We'll also be sharing extra tips from our Young Health Champions every day on **Instagram**, **Twitter** or **Facebook**, so keep an eye out for them!

Link to primary school guide –

<https://www.eastberkshireccg.nhs.uk/wp-content/uploads/2020/05/coping-5-ways-primary-S-1.2.pdf>

Link to secondary school guide –

<https://www.eastberkshireccg.nhs.uk/wp-content/uploads/2020/05/coping-5-ways-secondary-2.1.pdf>

## How to take part

We would love to see what you're doing, so get involved and be creative – even small actions can make a big difference to your mental wellbeing and help others to do the same!

- Setting yourself the challenge of doing an **activity** from a different one of the Five Ways every day for five days and sharing as much as you want of what you're doing on Instagram, Twitter or Facebook by tagging **#5ways5daysNHS**
- Nominate five friends to take up the challenge for a week!

Once you've got the ball rolling by taking part in our challenge, see if you can build all the Five Ways into your daily life. You'll quickly learn which activities work best for you by lifting your mood and giving your mental wellbeing a boost.

Don't forget to tag **#5ways5daysNHS** on Instagram, Twitter or Facebook and nominate your friends. Challenge ends 31 May 2020.

Reference: <https://www.eastberkshireccg.nhs.uk/>