

"Ways to Be Well" Planner

- Use the 'Ways to Be Well' to create your own wellbeing plan
- Tick your 'emoji score' for each of the Ways to Be Well
- Plan to make small changes to help your wellbeing - you might want to pick one theme to focus on rather than thinking about them all at once
- Support is available from the NHS Borders Wellbeing Service



1. Eat Well

Food affects our brains and mood as well as our bodies.



What small change would you like to make?

2. Be Active

Exercising regularly can make you feel more confident, happier, less stressed and sleep better.



What small change would you like to make?

3. Sleep Well

Follow a good night time routine, sleeping well is vital for good mental health.



What small change would you like to make?

4. Be Connected

Connect with other people in a way that is good for your wellbeing.



What small change would you like to make?

5. Be Kind

Giving and receiving from others helps to build a support network.



What small change would you like to make?

6. Enjoy and Learn

Learning new things can help you to be more satisfied and fulfilled.



What small change would you like to make?

7. Be Creative

Creative activities and being involved in culture can help you to stay well and feel better.



What small change would you like to make?

8. Be Mindful

Being mindful can help you to de-stress. Give yourself some 'me time'.



What small change would you like to make?

9. Connect with Nature

Spend time outdoors and bring nature into your everyday life.



What small change would you like to make?

10. Manage Money Worries
Get help for financial difficulties, money problems are a common trigger for mental health problems.



What small change would you like to make?

11. Limit Alcohol
Cut down your drinking to within the low risk Guidelines.



What small change would you like to make?

12. Stop Smoking
Find healthier ways to cope with stress.



What small change would you like to make?

NHS Borders Wellbeing Service offers support for:

- Being more active
- Eating more healthily
- Quitting smoking
- Emotional wellbeing

www.nhsborders.scot.nhs.uk/wellbeing

Tel: 01896 824502 Email: wellbeing@borders.scot.nhs.uk



www.nhsborders.scot.nhs.uk/creating-hope



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