

# "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

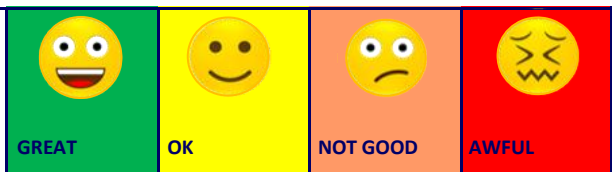
Exercising regularly can make you feel more confident, happier, less stressed and sleep better.



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

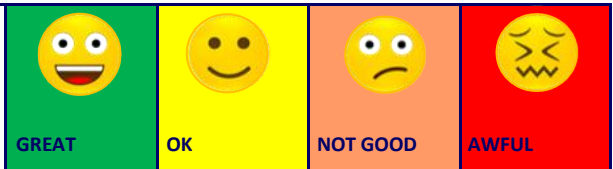
Creative activities and being involved in culture can help you to stay well and feel better.



What small change would you like to make?

### 8. Be Mindful

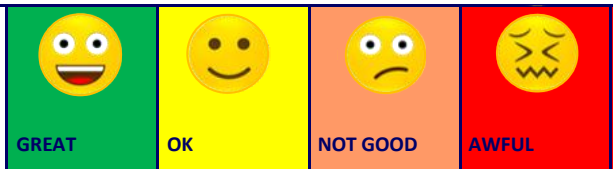
Being mindful can help you to de-stress. Give yourself some 'me time'.



What small change would you like to make?

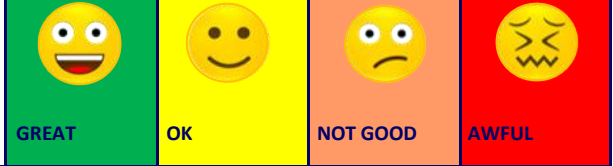
### 9. Connect with Nature

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

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