

Policy Development for Well-being

Five Ways to Well-being Analysis

Objective:

The [Five Ways to Well-being](#) are five evidence based actions for promoting people's well-being. They are: *Connect*, *Be Active*, *Take Notice*, *Keep Learning* and *Give*. They apply to children but with one addition: *Creativity and Imagination*. They can be applied by people to their own lives, or can be 'designed in' to policies and services by organisations.

How you deliver a policy or service can clearly impact the well-being of those involved. For example, the [#HelloMyNames](#) campaign in which hospital staff pledge to introduce themselves to patients before delivering care is a simple example of treating people with dignity, compassion and respect - and where '*Connect*' is being designed into a service to promote patient satisfaction and well-being.

This simple exercise helps you to think proactively about 'designing' the Five Ways to Well-being into a policy, service or strategy.

Approach:

- Identify the different stakeholders, target audiences who might be impacted by your policy. Think about any frontline staff involved in delivery also.
- Add these stakeholders to the table attached and then consider:
 - Are aspects of the 'Five Ways' in your policy or service design?
 - Can they be actively 'designed in'? If so, how?
- If any of the stakeholders are children and young people consider whether you can stimulate "creativity and imagination"

Tips:

- ✓ Refer to Stakeholder Well-being Analysis if already completed and use the form attached
- ✓ In some cases more than one of the 'Five Ways' might be relevant

Well-being Exercises for Policy:

1. Stakeholder Well-being Analysis
2. Well-being-Time Analysis
3. Well-being Perspectives Analysis
4. Five Ways to Well-being Analysis
5. Well-being Ten Steps Checklist

Five Ways to Well-being Analysis Form

	Key Stakeholders	Five Ways to Well-being – can they be ‘designed-in’? How?					For Young People
	Who will be impacted by the policy, strategy or service?	Connect	Be Active	Take Notice	Keep Learning	Give	Creativity/ Imagination
1							
2							

	Key Stakeholders	Five Ways to Well-being – can they be ‘designed-in’? How?					For Young People
	Who will be impacted by the policy, strategy or service?	Connect	Be Active	Take Notice	Keep Learning	Give	Creativity/ Imagination
3							
4							

Five ways to wellbeing

A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for well-being:

Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.