

Addressing MHWB – Using the five ways to wellbeing

New economics foundation	Higher education applications
CONNECT	
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 cornerstone of your life and invest time in them. Building these connections will support and enrich you everyday.	Design practices in a manner that enable students to connect to the learning process and content, to each other, to staff, to the institution as a whole. This can be seen as engendering a sense of belonging, which is key to effective retention.
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 one that suits your level of mobility and fitness.	Design into your practice an incorporation of physical activity and support students to become active partners in their learning, their wider student journey and the institution as a whole. This might also include supporting students to exercise their social and political agency.
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.	Design your practice to support students to take notice of the learning community, of curriculum content, of the institution and of their personal response to these, as well as taking notice of how their learning links to what is going on in the world around them.
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 people around you.	Design opportunities that enable students to give to the immediate learning or wider community. When embedded in the curriculum, this again supports students to take notice of how their learning links to the wider world.
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 to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident and is fun.	Design practices in a manner that support students to take ownership of their learning journey, both within the university and beyond, to understand their approach to learning, and to apply this understanding to their wider goals.