

steps

# FIVE A DAY

to keep you feeling well



steps

**NHS**  
Greater Glasgow  
and Clyde



**0141 232 2555**

**[www.glasgowsteps.com](http://www.glasgowsteps.com)**



**Well-being isn't just about getting control over stress. It is about living life to your full potential. Here are five great ways to go about it.**



**Connect**



**Be active**



**Take notice**



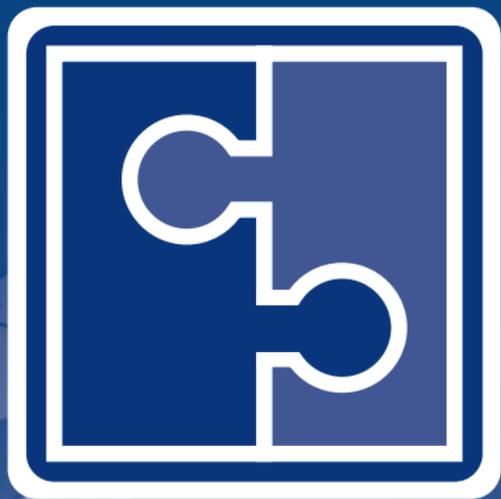
**Keep learning**



**Give**



# Connect...



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2 Five a day

with the people around you. Your family, friends, neighbours, workmates. Work hard to make and then keep these relationships strong.



# Be active...



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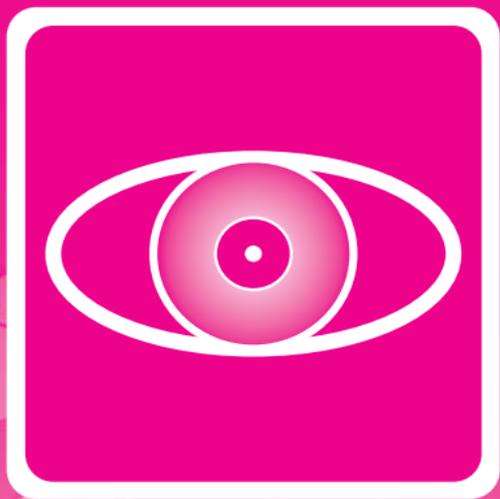


4 Five a day

Go for a walk or a run.  
Head outside. Cycle. Do the  
garden. Dance. Exercising  
can make you feel good.  
Find something you enjoy  
doing. A brisk 30 minute  
walk each day can work  
wonders for you.



# Take notice...



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6 Five a day

Be curious. Notice the world around you – the views, the sounds, the smells. Notice the changing seasons. Savour the moment whether you are on the bus, eating a meal or talking to friends. Be aware of the world around you and what you are feeling. Reflect on your experiences.



# Keep learning...



steps



8 Five a day

Try something new. Pick up an old interest. Sign up for a course. Take on a new responsibility at work. Fix something. Learn to cook something new. Give yourself a challenge. Learning new things helps build confidence. And it can be good fun.



# Give...



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10 Five a day

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 very rewarding and it helps build connections with the people around you.



**Thanks to the Foresight  
Project for these ideas.**

**See  
[www.glasgowsteps.com](http://www.glasgowsteps.com)  
for more advice on staying  
well.**





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This booklet is part of a series on common problems also available for download on [www.glasgowsteps.com](http://www.glasgowsteps.com)

Controlling your stress  
(anxiety and depression)

Wellbeing  
(for teenagers)

Panic Attacks

Health Anxiety

Phobias (General)

Agoraphobia

Coping with a death

Fatigue

Anger

Alcohol and sensible  
drinking

Antidepressants

Insomnia

Relaxation

Self-esteem

Coping with trauma

So you've had a baby?

Cannabis

Relationships

Assertiveness

Social anxiety

Obsessive-Compulsive  
Disorder

Psychosis

Flying Phobia

Height Phobia

Coming Off  
Antidepressants

All these booklets can be downloaded, free of charge, from [www.glasgowsteps.com](http://www.glasgowsteps.com). Some are also available in printed form.