

# The Little Book of **WOW**

5 ways of wellbeing



the  
**HAPPY CITY**  
initiative



OF WELLBEING

# How's your **WOW?**

The 5 Ways of Wellbeing (**WOW**) are the five everyday areas of life that have been shown to bring the biggest boost to happiness. Even small increases in the number of these little **WOW** moments you can enjoy, can add up to big benefits.

Keep this Little Book in your pocket, and see how easy it is to add a little more **WOW** to your life.

**Connect  
Learn  
Active  
Notice  
Give**



# Connect



People need people. Friends, family, neighbours, strangers.

Connecting with other people is the biggest **key to more happiness.**

“

My community choir practice each week always brings a smile to my face! It's so good to be with people of all ages and have a good old sing-song.

”



# Learn



Try something new, talk to a stranger, take a different route.

Learning broadens your mind and **enriches your life.**

“

I enjoy cooking but never bother just for myself, so I've formed a Cookery Club with some friends. Every Tuesday we meet up and eat our way around the world - one new recipe at a time.

”



# Be Active



Step outside. Cycle. Play a game.  
Garden. Dance.

**Exercising makes you feel good**  
inside and out.

“

I thought I knew my city pretty well till we started to really walk around it. Every Sunday we check out a different park, and in the process, I've learned some local history.

”



# Notice



Look around, what can you celebrate? Notice the good stuff, even tiny things. Take a breath, **feel lucky for a moment.**

“

Last weekend, we took the kids on a backyard safari. Armed with a jam jar and a magnifier, we discovered a huge number of species, literally on our doorstep.

”



# Give



...a hand, your time, a call to a friend, a smile to a stranger.

**Giving makes us happier** and it's infectious. So when everyone's doing it, we get given more too!

“

I've been helping at the local school's growing project. It's been great to pass on all the gardening tips that my Dad shared with me, and to see the kids' excitement at growing their first carrots.

”



# Ideas

Chances are you do lots of things that boost your Ways of Wellbeing already. Just noticing what you're already doing and making the most of chances to grab a few more of those little WOW moments can really make a difference.

The next pages have some ideas for doing that today, next week or even for life...



Want an instant shot of WOW?



# More WOW

Try writing down 3 good things that have happened to you this week. Even tiny things you're grateful for in your life.

**Step outside** – look up – look at the shapes of the clouds, the trees, the buildings. Watch the people or the birds. Breathe it all in for a moment!

Think of someone you really enjoy seeing, but don't see regularly. Pick up the phone, or send them a letter.

**Arrange a catch up.**

Describe your perfect day, then **put a date in the diary** and take the first step to making it happen.

Sit still for 5 minutes and **focus on your breath** – you've just learned to meditate!

What do you do/will you do?



Connect: .....

.....

Learn: .....

.....

Be Active: .....

.....

Notice: .....

.....

Give .....

.....



# WOW in the week

Here are some examples of how people add **WOW** to their week.

## Connect

Suggest to the girls at work we go out for a sandwich at lunchtime.

Pop into the community centre and sign up for that park group Ali goes to.

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## Learn

Call Mo and ask for that Jerk Chicken recipe!

Re-tune the radio sometimes and listen to something new!

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## Active

Dust off the bike and have a go.

Take the stairs to the flat – even with the shopping!

Walk to the local shops rather than drive further.

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## Notice

Ask the kids what went well in their day at teatime.

Take a 5 min. break at work and clear my head outside.

Spot people doing kind things and thank them!

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## Give

Ask Mrs Jones at No 22 if I can pick up something from the shops for her.

Smile and say hello to the grumpy bloke two doors down when he passes me at the bus-stop!

# Links

## Libraries:

## Learning opportunities:

## Volunteering opportunities:

## Health/Fitness stuff:

For further copies or if you need this booklet in another format, please contact Blanka Robertson on 0117 900 2504.

This leaflet is produced by NHS Bristol directorate of public health and The Happy City Initiative.

October 2012