

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

FIVE WAYS TO WELLBEING (START NOW)

WHAT?

A slightly reworded version of the original New Economics Foundation model, using young people friendly language as part of the work of Start Now (the website created by young people in Cornwall: for young people in Cornwall) and the My Brilliant Place to be ME! journal.

- Connect
- Get moving
- Take time for you
- Stop and take notice
- Give to others

WHY?

These simple evidence-based actions support mental health and regulation in daily life.

Each action has been shown to support brain health and wellbeing e.g.:

- **Connect** → Oxytocin
- **Get moving** → Dopamine and endorphins
- **Take time for you** → Reduces stress and boosts resilience
- **Stop and take notice** → Supports mindfulness and interoception
- **Give to others** → Increases serotonin and purpose

SEL?

Can support **self-awareness**, **self-management** and **relationship skills** core competencies. The 5 ways are a well known, effective and accessible way to include as part of everyday SEL

FIND OUT MORE

- <https://www.startnowcornwall.org.uk>
- [Charlie Waller Charity](#) have 5 Ways posters / book marks
- www.headstartkernow.org.uk/brilliant-me
- <https://neweconomics.org/2008/10/five-ways-to-wellbeing>

SEE ALSO

- Clangers

