



# Five ways to wellbeing

## THURSDAY – KEEP LEARNING



### Keep learning for mental wellbeing

Learning new skills can be useful, but research shows it can also improve our mental wellbeing.

It doesn't have to mean getting more qualifications. There are lots of different ways to bring learning into your life.

Evidence shows that continuing to learn throughout life can improve and maintain our mental wellbeing.

Mental wellbeing means feeling good about yourself and the world around you, and being able to get on with life in the way you want.

Learning can boost self-confidence and self-esteem, help build a sense of purpose, and help us connect with others.

Research shows that learning throughout life is associated with greater satisfaction and optimism, and improved ability to get the most from life. It improves feelings of self-esteem, hope and purpose.

Setting targets and hitting them can create positive feelings of achievement.

Learning often involves interacting with other people. This can also increase our wellbeing by helping us build and strengthen social relationships, even if it is online.

### Ideas for Keep Learning

- Find out something about your peers – ask some questions when you talk to them over the phone or on social media.
- Sign up for an online class for example sign language
- Read a new book
- Do a crossword or Sudoku
- Research something you've always wondered about

With theatres, museums, universities and art spaces closed where can we go? Here are some ideas for you and your family.

- Go on a virtual tour with access to [500 Museums and Galleries around world.](#)
- Set up a virtual book/magazine/article club.
- Check out [The great outdoors](#) created by Bear Grylls and the scouts, for lots of safe, fun indoor activities for 5-18 yr olds
- Virtual zoo tours for example [Chester Zoo](#)