

***This is a draft version of the workbook
and is subject to further change.
Please do not circulate beyond your
team.***



Compassionate Employers

CHAPTER 4- Worksheet: individual activity

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Worksheet: individual activity

Applying the Five Ways to Wellbeing

The New Economics Foundation¹ identified ways of improving mental health and wellbeing in the UK.

They identified five key actions that we can incorporate into our day-to-day lives. It can be difficult to find the time to prioritise our own needs, however, trying these things could help you feel more positive.

This activity is designed to help us think holistically about the five ways to wellbeing.

Important note!

Individual activity guidance

- You do not need to answer any questions that feel too personal, unsafe or difficult.
- Pause at any point.
- If this content brings up distress, speak to someone you trust and access your organisation's support routes, such as your manager, supervision, occupational health, Employee Assistance Programme, HR, GP or urgent support if needed.

Be kind to yourself. These are some ideas of things for you to reflect on, not a strict 'to do' list.



Individual reflection: Consider some examples of how we can support our wellbeing at work or elsewhere. The examples can be really small!

Area	What am I doing now?	What else could I try?
Connect Connect with people: those around you, people you care about, new people		
Be active Moving our bodies in any way: dance, walk, stretch, jump, cycle.		
Keep learning Learn something new: read a book, listen to a podcast, try a hobby, cook a new recipe, be curious		
Take notice Notice the world around you: changing season, bird song, a good cup of coffee, a soft blanket		
Give Do something generously: smile at your neighbour, volunteer, make tea for a colleague		

Adapted from the New Economics Foundation 5 Ways to Wellbeing¹ and NHS²

References

1. Aked J, Thompson S. Five Ways to Well-being: new applications, new ways of thinking. New Economics Foundation; 2011
2. NHS. 5 steps to mental wellbeing [online]. 2021. Available from: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing>

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