

## S-O-B-E-R exercise

This is an exercise that you can do almost anywhere, anytime, because it is brief and quite simple. It can be used in the midst of a high risk or stressful situation.

**S – Stop** Stop and slow down, check in with what is really happening. This is the first step in not acting reactively and taking time to think first.

**O – Observe** Notice the sensations that are happening in your body. Notice any emotions, moods or thoughts you are having. Just notice as much as you can about the experience.

**B – Breath** Gather your attention and bring it to your breath, your breathing in, your breathing out

**E – Expand** Your awareness to include the rest of your body, your experience and the situation (what it is that is really happening), seeing if you can see it all as it really is.

**R – Respond** Respond (versus react) in the most appropriate way, with what is truly needed in the situation and how best you can take care of yourself. Whatever is happening in your mind and body, you still have a choice in how you respond.

## Did you know?

Just 10 minutes of physical activity has been shown to be beneficial for mental wellbeing.

## How to keep learning

- Learn to cook a favourite dish
- Visit a gallery or museum
- Take on a new responsibility
- Fix that broken bike or garden gate
- Sign up for a course you've been meaning to do
- Rediscover an old hobby that challenges you, whether it's making model airplanes, writing stories, sewing or knitting
- Watch a documentary or read a book

## Find out more

If you would like more information or support with your health and wellbeing please contact your local service.

Information is also available at:

NHS Website: [www.nhs.uk](http://www.nhs.uk)

Talk to Frank Website: [www.talktofrank.com](http://www.talktofrank.com)

### HOW TO CONTACT US

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[www.inclusion.org](http://www.inclusion.org)

**You. Me. Us**

## Health and wellbeing

What you need to know!



 Inclusion

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# What is meant by health and wellbeing?

**“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”**

(Definition by the World Health Organisation)

We all have a sense of when we are mentally and physically well but sometimes we need a little extra support or a gentle nudge, to look after ourselves so that we keep well.

- There has never been a better time for you to take responsibility for maintaining good mental health and wellbeing.
- Feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental wellbeing, as is self-esteem and self-confidence.
- Good relationships will also bring joy to you.
- Good mental wellbeing does not mean that you never experience feelings or situations that you find difficult but it does mean that you feel you have the resilience to cope when times are tougher than usual.



## 5 Steps to Wellbeing

The ‘Five Steps to Wellbeing’ are evidence-based ways to help you improve your mental wellbeing. Here are some tips of how to use them:

- Try to introduce them into your daily life.
- Think of them as your ‘5-a-day’ for mental wellbeing. Many of us will already be doing some of the ‘5 ways’ some of the time without even being aware of it.
- The power and value of this simple concept lies in finding ways that work for us. It then becomes possible to sustain our commitment to living a healthier and more satisfying life.
- As we develop our strengths and resources we will also be more resilient and be more able to deal with challenges as and when they arise.

### Connect

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, in prison or your local community, at mutual aid or support groups or through peer support. Think of these as the cornerstones of your life and invest time in developing them. Building these connections with support will enrich you every day.

### Be active

Go for a walk or run, go to the gym, step outside, cycle, play a game, or perhaps dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy and that suits your level of mobility and fitness and make it part of your life.



### Keep learning

Learning new skills can give you a sense of achievement and a new confidence. Try something new. Rediscover an old interest or sign up for that course. Take on a different responsibility at work, fix a bike, and learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

### Take notice

Be curious, catch sight of the beautiful and remark on the unusual. Savour the moment. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you. Be more aware of the present moment, including your thoughts & feelings, your body & the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges.

### Give

Even the smallest act can count whether it’s a smile, a thank you or a kind word. Do something nice for a friend or a stranger. Volunteer your time or join a community group. Look outward as well as inward. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.