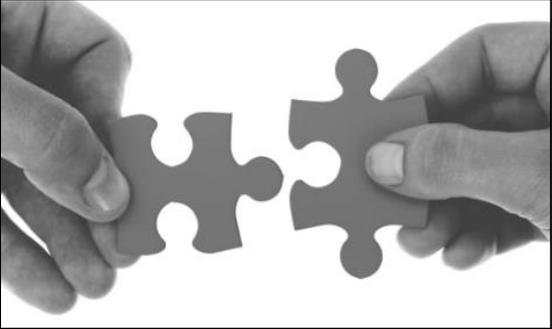


Session Booklet – What does happy look like?

In this session, we are going to look at different resources around mental health, positivity and talk about doing things that make us happy. Hopefully learning new digital skills is one of those!

Happiness		
1	Friday 20 th March 2020 is International Happiness Day. This week's handout is going to see us look at a few resources that can help people live happier and healthier lives.	
2	As part of living a healthier life, the NHS has come up with 5 ways of wellbeing. Research shows these are effective at increasing self-esteem and tackling poor mental health.	
3	<i>Connect with other people</i> Good relationships are important for your mental wellbeing. They can help you build a sense of belonging and self-worth, give you the opportunity to share positive experiences and provide emotional support and allows others to support you. Although with DigiKnow, we share the opportunities of connecting using digital technology, but it is important to not rely on technology or social media to build relationships.	
4	<i>Be physically active</i> Being active is not only great for your physical health & fitness. Evidence shows it can help with your mental health too. By being physically active, setting goals, challenges & achieving them, you not only release positive chemicals throughout your body, but you help raise your self-esteem as you begin to look and feel better.	

<p>There are multiple ways in which digital can help you find activities and events that are happening near you or encourage you to begin to become more physically active. You can use www.stockport.gov.uk/groups to find things happening across the borough and you can look at accessing the couch to 5k podcast running program via your device's app store or on the NHS website under Live Well and Exercise.</p> <p>Do not feel this means you have to spend hours in a gym, there are plenty of activities you can do that can contribute towards your mental health.</p>	<div data-bbox="810 248 1353 674">  <p>Couch to 5K A running plan for beginners</p> <hr/> <p>Find out more and download the weekly podcasts by clicking the boxes below</p> <table border="1" data-bbox="826 439 1342 607"> <tr> <td>Week 1</td> <td>Week 2</td> <td>Week 3</td> </tr> <tr> <td>Week 4</td> <td>Week 5</td> <td>Week 6</td> </tr> <tr> <td>Week 7</td> <td>Week 8</td> <td>Week 9</td> </tr> </table> <p>Download podcasts from iTunes →</p> </div>	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Week 1	Week 2	Week 3								
Week 4	Week 5	Week 6								
Week 7	Week 8	Week 9								
<p>5 <i>Learning new skills</i></p> <p>Learning new skills helps boost self-confidence, raise self-esteem, helps you connect with others. Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.</p> <p>These can vary from learning to cook something new, taking on a new responsibility at work, working on a DIY project or signing up for a course at your local college. Don't feel that you must learn new qualifications or sit in a classroom. You can use www.learnmyway.com to help you improve your digital skills.</p>	<div data-bbox="810 1010 1358 1279">  </div> <div data-bbox="948 1532 1214 1727">  </div>									

<p>6</p>	<p><i>Give to others</i></p> <p>Research has proven that acts of giving and kindness can help your mental wellbeing by creating positive feelings, a sense of reward, giving you a purpose as well as helping connect you with people and organisations that are working towards making communities better places to live.</p> <p>Ways you can be kind and give back are by saying thank you to someone for something they've done for you, asking how friends, family or colleagues are and really listening to the answers or volunteering in your community at a school, hospital, care home or with DigiKnow. You can find local volunteering opportunities by visiting www.stockport.gov.uk/groups and selecting 'Find where to volunteer' from the options. If you'd like to volunteer with DigiKnow, you can call on 0161-494-9947.</p>	 <p><i>There are always local organisations looking out for volunteers. It could be a 'green' group wanting help with a litter pick or your local charity shop wanting help sorting out donations.</i></p> 
<p>7</p>	<p><i>Pay attention to the present moment</i></p> <p>Paying more attention to where you are and what you are doing is called mindfulness and helps you understand your thoughts and feelings, your body and the world around you.</p> <p>Mindfulness and being more aware of yourself and your surroundings can help positively change the way you feel about life and how you approach challenges. You can read more about mindfulness by going on the www.nhs.uk website, selecting Health A – Z and then looking at Mental health and wellbeing.</p>	 <p><i>Mindfulness can be reading a book, approaching something with an open mind or even people watching on a bench.</i></p>

8	<p>Although we have looked at the 5 ways to wellbeing through this handout, we understand that not everybody's happiness looks the same. Sometimes happiness can be found in having an early night or locking yourself away to watch your favorite TV show. Happiness isn't always smiling either!</p>	
9	<p>We want you to send us photos or stories about what makes you happy. It could be a photo of your garden or a painting you've done. It could be a photo of you walking your dog first thing in the morning.</p> <p>You can send what makes us happy to ryan@startpoint.org.uk by e-mail and we'll share some of our favourites with you!</p>	