

# Introducing Take 5 steps to wellbeing

A guide for practitioners



Connect



Keep learning



Be active



Take notice



Give

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# Foreword

Belfast Strategic Partnership (BSP) through its Mental Health and Emotional Wellbeing Thematic Group has worked diligently over the last 3 years developing and embedding the Take 5 steps to wellbeing approach. Information sessions, activities and programmes have been delivered across the community, voluntary, statutory and business sectors across the city.

BSP is a multi-sectoral Partnership established in 2011 to identify and tackle life inequalities. Led by the Public Health Agency, Belfast City Council and Belfast Health & Social Care Trust it involves working collaboratively with community, voluntary and other statutory representatives on a range of matters including health, regeneration, older people, lifelong learning and poverty.

The Take 5 steps to wellbeing (Connect, Keep learning, Be active, Take notice and Give) approach contributes to improving wellbeing in its fullest sense both physically and emotionally. The approach contributes to wellness, where people feel good and function well.

However in Belfast this is not being experienced equally by everyone. Across the city, inequalities experienced by those living in the most disadvantaged areas are clear to be seen, with a gap in male life expectancy of 9 years when compared with the most affluent areas. When we look to figures for healthy life expectancy regionally, the differential between the most and least deprived areas widens even further to 12 years for men and 14 years for women.

Tackling and addressing these very complex issues requires a collaborative approach and using our individual and collective resources to achieve better health for everyone is our primary goal.

And so we commend this Take 5 steps to wellbeing guide for practitioners. It outlines, demonstrates and provides resources based on evidence. It is designed for community, voluntary and statutory practitioners to use in their locality to increase awareness, knowledge and uptake of Take 5 steps to wellbeing. With this resource we want to broaden the range of people using Take 5 in their everyday lives and increase wellbeing levels.

In addition to the practitioners' guide, we have produced resources for individuals, families, organisations and communities. These are available online at [www.makinglifebettertogether.com](http://www.makinglifebettertogether.com) or upon request on 028 9050 2073.

We would like to thank all those who contributed to preparing this resource. We believe it represents another valuable 'tool' in the box that practitioners can use as they continue their sterling work in supporting and empowering individuals, families and communities across this city and beyond.

**Irene Sherry**

*Chairperson*

*Mental Health and Emotional Wellbeing Thematic Group, Belfast Strategic Partnership*



**All resources are available  
to download or upon request**



[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)



**Call: 028 9050 2073**

# What is Take 5 steps to wellbeing?



Connect



Keep learning



Be active



Take notice



Give

**Take 5 steps to wellbeing** is a set of evidence-based public health messages aimed at improving the wellbeing of the whole population, based on the Five Ways to Wellbeing developed by the New Economics Foundation (NEF) as the result of research undertaken as part of the Foresight Project on Mental Capital and Wellbeing.<sup>1</sup> NEF stated that if practised regularly the Five Ways to Wellbeing<sup>2</sup> will improve personal wellbeing.

These simple and effective messages are based on solid evidence which individuals are encouraged to build into their daily lives. They draw on a wealth of psychological and economic literature from inter-disciplinary work which states that using Take 5 could enhance your life expectancy by 7<sup>1</sup>/<sub>2</sub> years. **Take 5 steps to wellbeing** leads to a shared understanding that some actions are best supported by organisations or agencies and communities whilst some are best achieved by the individual.

Evidence indicates it is individuals who practise all '5 steps' that have the highest level of wellbeing regardless of circumstances. As a practitioner working in your community, you can use **Take 5 steps to wellbeing** to help identify opportunities to promote mental wellbeing. You can motivate and support people to 'have a go' and embrace the Take 5 steps to wellbeing, and you can also use this approach to support yourself.

**This is a preventative approach. It can be used to support interventions, but it is not an intervention in its own right to treat mental health problems.**

<sup>1</sup> Foresight Mental Capital and Wellbeing Project (2008). Final Project report. The Government Office for Science, London.

<sup>2</sup> New Economics Foundation (NEF). (2008). Five Ways to Wellbeing: The evidence. London. nef.

# Take 5 steps to wellbeing explained



## Connect

**Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.**

Social relationships are important to support wellbeing and to act as a buffer against mental ill health. People with low levels of social participation and small primary social networks are more likely to experience common mental health disorders. Having a broad social network, connecting and interacting with others can have a positive benefit on wellbeing. Also the strength of relationships is important, feeling close to someone and valued by them. The key message to communicate is that giving time and space to both *strengthen* and *broaden* social networks is important for wellbeing.



## Keep learning

**Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident as well as being fun to do.**

In childhood learning plays an important role in our social and cognitive development. Learning throughout our lifestages contributes to self-esteem, social interaction and active lives, competence and self-efficacy.

Goal setting in adult life, particularly when self-generated and aligned with personal values and motivation has a positive impact on wellbeing. While not everyone may enjoy learning in some environments or see positive outcomes it is the case that the activity of learning in itself has benefits and is important for wellbeing.



## Be active

**Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.**

Regular physical activity is associated with greater wellbeing and lower rates of anxiety and depression regardless of age. There is evidence that physical activity protects against cognitive decline in later life. There is general consensus that even single bouts of exercise or physical activities of less than ten minutes can improve mood and make people feel better. Activities can also have the benefit of strengthening interactions with other people e.g when walking.



## Take notice

**Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.**

Research has shown that being trained to be aware of senses, thoughts and feelings over 8-12 weeks has resulted in improved wellbeing for several years. Being aware of what is taking place in the present leads to a more positive state of mind. Heightened awareness enhances an individual's self-understanding and allows an individual to make choices in alignment with his/her own values and intrinsic motivations. Perhaps, unsurprisingly, research into actions that aim to enhance well-being have similarly found that goals for behaviour change need to be aligned with personal values to be successful.



## Give

**Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.**

Helping, giving and sharing are associated with increased self-worth and positive feelings. Giving stimulates the reward system in the brain, making a person feel good and it contributes to gains in cognitive and social functioning, particularly in earlier life, which is important to the development of mental capital and wellbeing. Research has shown that committing acts of kindness regularly and over time results in increased wellbeing. Feelings of happiness and life-satisfaction are associated with active participation in social and community life. For older people, volunteering is associated with more positive affect and meaning in life. A major study has found positive affect linked to extended lifespan of 7½ years.

### Further Reading

The above information is based on the evidence for the 5 ways to wellbeing (as referenced on page 5) developed by the New Economics Foundation (NEF).

- Five ways to wellbeing: new applications, new ways of thinking
- Five ways to wellbeing: the evidence
- Wellbeing at work: a review of the literature



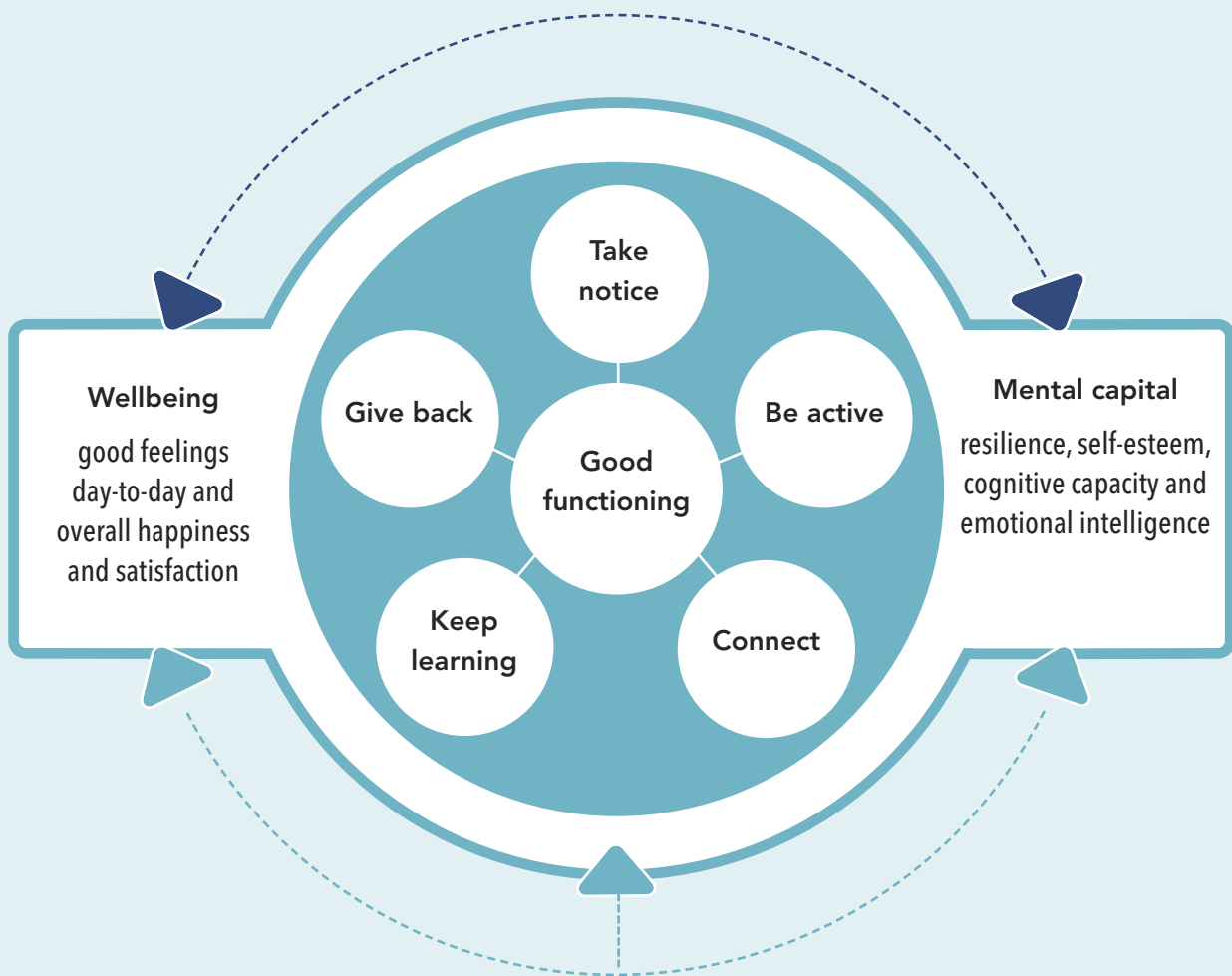
You can find the full reports at  
[www.neweconomics.org](http://www.neweconomics.org)





# Take 5 steps to wellbeing: the evidence

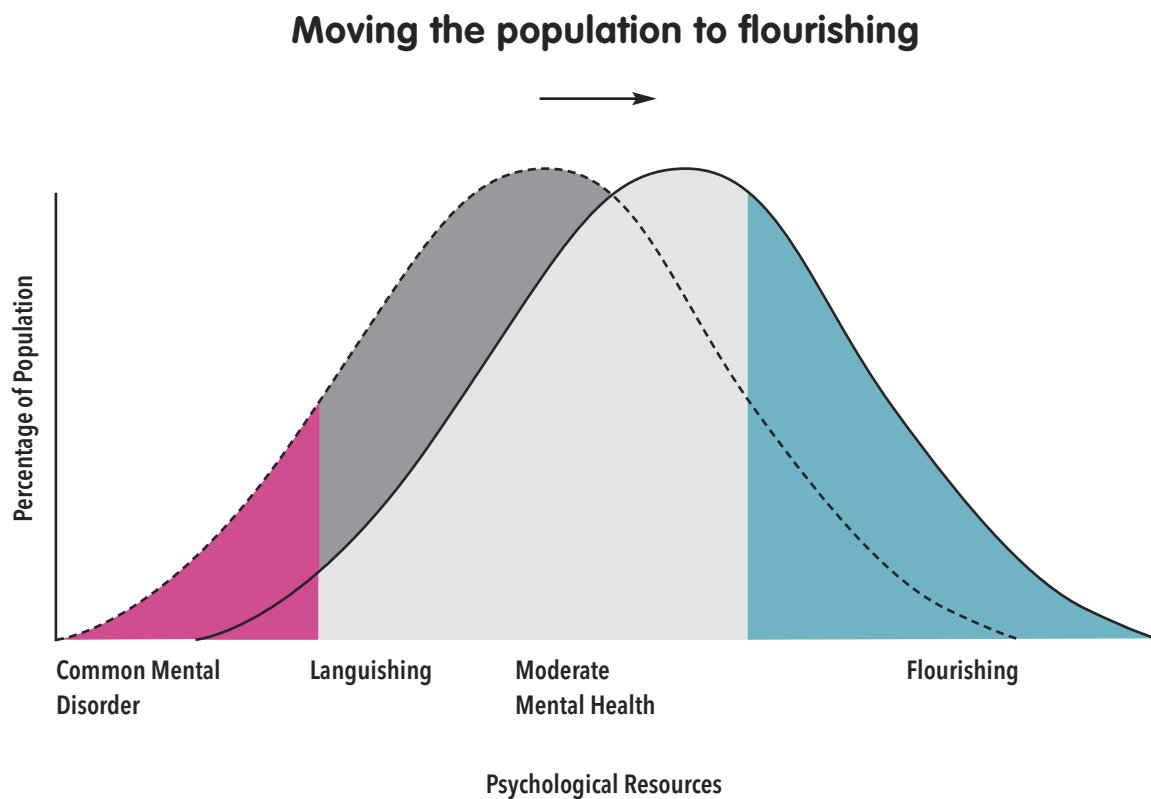
The concept of wellbeing comprises two main elements: feeling good and functioning well. Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life.



Equally important for wellbeing is our functioning in the world. Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of wellbeing.

The premise of the **Take 5 steps to wellbeing** approach is that care and treatment to address mental health issues needs to be balanced with prevention and mental health promotion across the entire population and that this will result in benefits for the whole community as well as reduce the incidence of mental health disorders in the longer term.

# The hypothetical distribution of mental health across a population



Source: Felicia Huppert (2008)<sup>3</sup>, Cambridge Wellbeing Institute

The diagram above shows the hypothetical distribution of mental health across a population. On the left are those experiencing significant mental health difficulties. Those described as languishing are experiencing difficulties at a sub clinical level. Most of the population experience moderate mental health and the population at the right are described as flourishing.

*Huppert (2008) suggests that a population wide model that succeeds in shifting the entire population will increase the number of people flourishing and reduce the number of those experiencing significant mental health difficulties.*

<sup>3</sup> Huppert F. (2008). Psychological well-being: evidence regarding its causes and its consequences. London: Foresight Mental Capital and Wellbeing Project 2008.

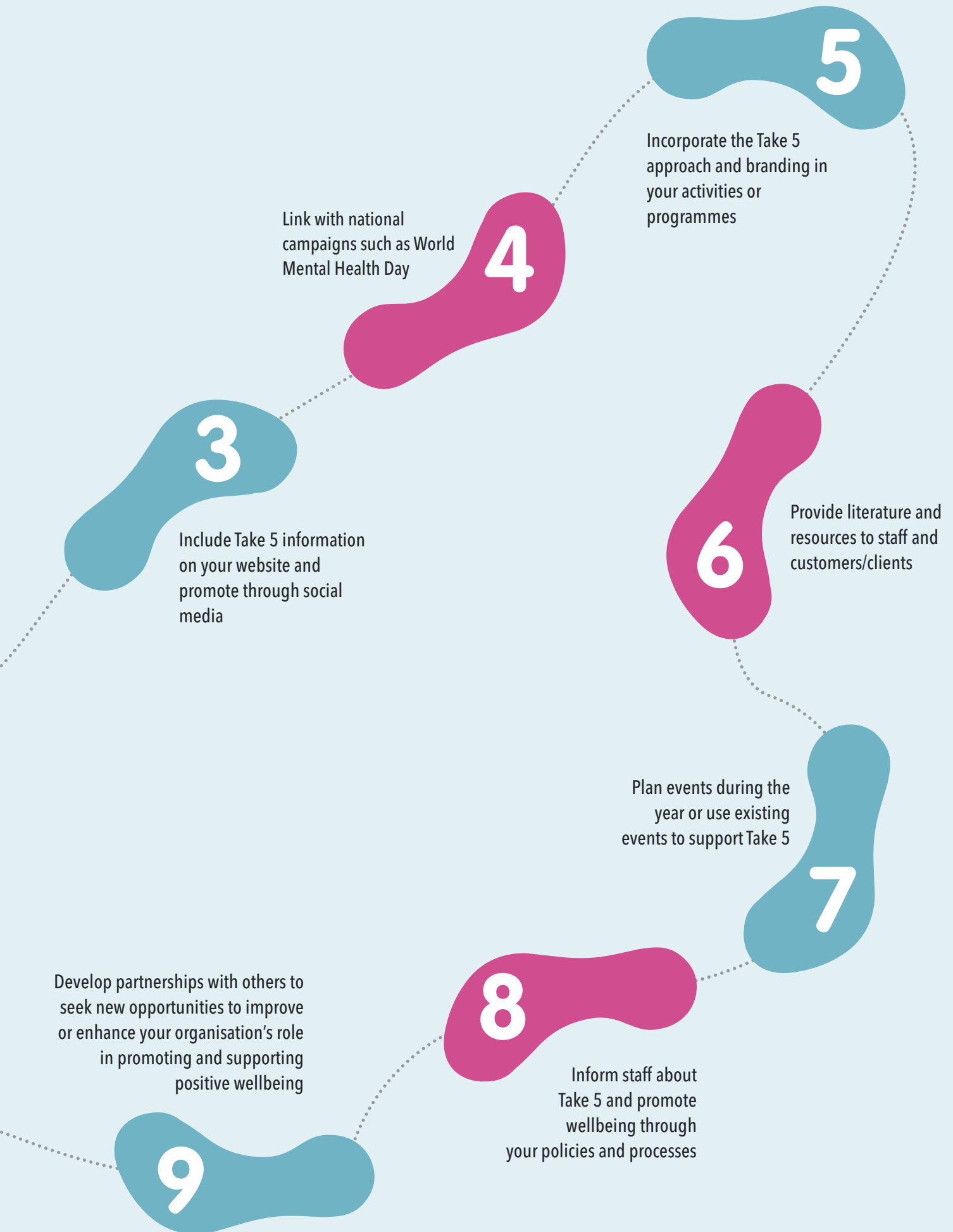
# Promoting Take 5 steps to wellbeing

**Take 5 steps to wellbeing** is designed to provide a platform to talk to people about their wellbeing in a simple and informal way. Many people are already doing things that relate to Take 5 but don't see them in that way and so do not make the connection as to how it contributes to their wellbeing.

Equally organisations are providing services or activities that relate to Take 5 which could be enhanced by incorporating the brand or the messages into them.

There are many ways you can promote Take 5 messages to help embed the approach in people's lives.





# Supporting behaviour change

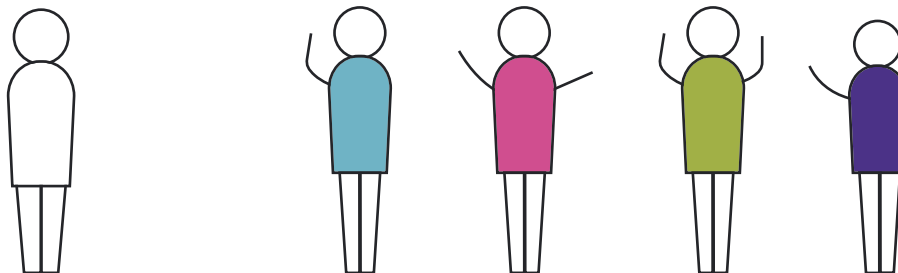
**Many people make lifestyle changes without any type of formal help. They will hear the messages in things like [Take 5 steps to wellbeing](#) and make good use of them. For lots of different reasons, others will not. For these people knowledge alone may not be enough to achieve behaviour change, especially when it comes to lifestyle changes.**

We can be ambivalent about change, that is, we can have reasons for making changes but equally reasons against making a change. It is important to note that ambivalence is normal and our confidence about making any personal changes is linked to that.

People who are ambivalent about change have a tendency to present arguments from the opposing side. Therefore, with the best intentions the practitioner states the reasons for initiating change and the natural tendency of the person is to state the reasons for not initiating change. *They can literally talk themselves out of change.*

The way in which you talk with people about their health can substantially influence their personal motivation for behaviour change. Below are some examples of approaches which are less effective;

- Warning them of the consequences of not changing
- Try and convince them they have a problem
- Telling them how to change
- Give information thinking this will prompt change
- Arguing for the benefits of change



# Your approach as a practitioner

## What does not work?

**Trying to fix things:** the righting reflex

**Giving advice:** when it is not asked for

**Giving suggestions:** from you, not them

**Giving opinions:** from you, not theirs

**Adding 'but'...**

## What does work?

**Empathy:** you care and understand

**Autonomy:** people choose what is right for them

**Capability:** people are confident and believe in themselves

## What keeps change going?

**Motivation:** they see the benefits, it fits in with their values and goals

**Self-regulation:** they pay attention to what they are feeling, thinking and doing

**Building new habits:** they build on their successes and get back on track if they slip

**Resources:** they are aware of their strengths and ways of looking after themselves: rest, sleep, diet, physical activity and relaxation/fun

**Support:** there are people and activities that support them in what they want to achieve

*To be effective in promoting Take 5 through conversations with individuals  
it will help to look at what you do and how to do it*

# A model for effective conversations

To guide more effective conversations we are using the acronym OPEN OCEAN\*. "OPEN" (what to do) "OCEAN" (how to do it). It is a guiding, supporting, encouraging style of communication (exploring alongside), rather than a directing style (telling, prescribing).

Once the person states that they are ready, using planning tools such as those provided later in this guide will help them make the positive change in their life.



**Opportunities:**  
look for these  
to start that  
conversation



**Permission:**  
to ask or give  
information



**Explore:**  
what are they  
already doing,  
where does it fit,  
also called active  
or reflective  
listening



**Nudge:**  
have that  
conversation



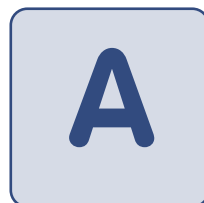
**Open questions:**  
the who, where,  
how, when and  
what type of  
questions that  
open up  
conversation



**Consent:**  
you ask  
permission to ask  
about things,  
give advice or  
give information



**Empathic listening:**  
actively listening,  
making sure the  
person feels  
understood and  
cared about



**Affirmations:**  
build on  
strengths



**Nuggets:**  
of information,  
advice, signposting  
to services always  
given with consent  
and as options  
followed by checking  
out what they think

*Offer, Provide, Explore* is a model of giving information. **Explore** (they want it, are able for it, what they already know), **Offer it** (neutrally), **Explore** reactions, questions, next steps.

\*OPEN OCEAN is a framework developed by Ed Sipler, SEHSCT Health Development / Addictions Specialist and Dr. Rodger Graham Consultant Clinical Psychologist

# Take 5 steps to wellbeing branding guidelines

The branding guidelines will allow you to use the **Take 5 steps to wellbeing** logo and imagery in your own publications in a consistent format.

When you are promoting Take 5 in your communications or publications, it is important that you adhere to the guidelines to reinforce the brand with the audience and for consistency.

- 1 As a minimum requirement, use the **Take 5 steps to wellbeing** logo
- 2 Always display the Take 5 messages in the following order: Connect; Keep learning; Be active; Take notice; Give
- 3 When having materials professionally produced, ensure the correct pantone colours are used for the logo and messages
- 4 Where possible use colours in your publication to match the messages
- 5 Make sure the proportions of the logos are not altered

You can download the Take 5 logos at:



[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

## Take 5 logo



## Take 5 brand colours



C 100, M 80  
Y 24, K 8



C 84, M 100  
Y 5, K 1



C 0, M 84  
Y 8, K 0



C 69, M 8  
Y 20, K 0



C 43, M 16  
Y 100, K 2



R 29  
G 72  
B 130



R 81  
G 37  
B 138



R 237  
G 63  
B 146



R 65  
G 181  
B 199



R 158  
G 180  
B 59

## Take 5 icons

Individual Take 5 messages should be used in this order of appearance. They can be used with and without titles.



Connect



Keep learning



Be active



Take notice



Give



## Take 5 email signature banner



Connect



Keep learning



Be active



Take notice



Give

[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)





# Take 5 steps to wellbeing resources

**We have included a number of resources and tools with this booklet that you can use to promote Take 5 and incorporate it in your work. Use these materials to get people to start talking and thinking about wellbeing.**

These include resources that can be used to complement discussions around ideas and to facilitate discussions with individuals or groups about how they might incorporate Take 5 into their daily lives and can be used to set specific goals.

A range of Take 5 resources are listed below with copies printed on pages 18 to 26 and page 31. You can also download these from:



[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

## Take 5 steps to wellbeing awareness presentation

This presentation can be used to introduce audiences in a workplace or community setting to the Take 5 approach and its messages.

## Take 5 steps to wellbeing promotional resources

These posters and cards can be used to profile the Take 5 approach by giving them to people or displaying them in public places.

## My Take 5 steps to wellbeing self-assessment

It is important to start where a person is at and to recognise the strengths and assets they already have. This template can be used with a person to help draw attention to things that are already supporting their wellbeing.

Reflecting on what benefits they get from these, will help them validate linkages between the activity and how they feel or function.

Completing this exercise has benefits in itself as it helps the person to see how the **Take 5 steps to wellbeing** messages are already supporting them. It can also be helpful to demonstrate how the messages can be easily incorporated in their daily life.

The exercise can be used to identify the things that they wish to continue to do or do more of.

## **My Take 5 steps to wellbeing plan**

This can be used to help a person to plan the specific changes they may wish to make to do more against one, a few or all of the Take 5 steps. It uses a format that enables them to set realistic and specific goals and work out how they will achieve these. They set the goal they want to achieve within a timeframe.

By considering anything that might get in the way it allows them to identify the barriers to change; these may be external factors like family responsibilities, finance or travel, or internal things like their motivation or mood. Identifying the things that would support them to achieve their goal will help them put strategies in place that will support them and help them navigate around obstacles.

This exercise importantly helps the person take ownership and responsibility for the change they wish to make. The review section should be visited at a reasonable intervals to allow them to reflect on how well they have done in achieving their goals. This will help re-affirm commitments or prompt reflection how they can make progress or perhaps choose to do something else.

## **Take 5 steps to wellbeing star**

The Star exercise is similar to the self-assessment, it allows the person to acknowledge things in their life that support the Take 5 messages and can be used as a prompt for considering further actions. This tool is based on the number of examples a person selects. It will show which of the Take 5 messages are more present in their daily lives than others, and can be used to support reflection on this. It is important that practitioners relate that the more of the Take 5 steps that are incorporated into daily life, the better outcomes for the individual.

## **Take 5 steps to wellbeing readiness ruler**

This resource can be used to support the other Take 5 tools and conversations about taking specific actions. It allows the person to assess where they are at in relation to their motivation for change and their capability and confidence in achieving it. High scores can validate planned change for the person or prompt discussion about what will help them maintain change. Low scores can be a prompt to reflect on whether these are the right actions for them, the barriers to achieving the change and what would help them improve that.

## **My Take 5 steps to wellbeing pledge**

The pledge is an affirmation of what a person intends to do to use the Take 5 messages in their lives. It could be used by individuals as a visible reminder to them of their goal or commitment. It is also useful in group exercises, or could be put on display in a centre or workplace to share ideas about things that people can do.

## **Take 5 steps to wellbeing event evaluation form**

This sample evaluation form is a simple template that can be used to get feedback from individuals attending an event or participating in an activity.


# Take 5 steps to wellbeing awareness presentation






1





Connect    Keep learning    Be active    Take notice    Give

4



-  **Connect** with the people around you: family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you everyday.
-  **Keep learning** Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Learning new things will make you more confident, as well as being fun to do.
-  **Be active** Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, find an activity you enjoy, one that suits your level of mobility and fitness.
-  **Take notice** Stop, pause, or take a moment to look around you. What can you see, feel, smell, or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel
-  **Give** Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with people around you.

2




## What is mental health?

*"...a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community"*

World Health Organisation, 2001, p.1.

5

- 1 in 5 people in Northern Ireland have a mental health condition at any time
- Using the Take 5 steps could enhance your life expectancy by 7<sup>1</sup>/<sub>2</sub> years
- People with high levels of mental wellbeing are more likely to be in work or in full-time education
- Each of the Take 5 steps has been shown to make a positive difference to how we feel

3



## What is wellbeing?

Wellbeing is when you feel good and enjoy your day to day life.

The things that we do, and the way that we think affects our wellbeing

6



Connect with the people around you: family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you everyday.

Connect with other people

- Phone, message, email or text
- Eat a meal together
- Join a support group
- Connect with nature, pets or animals
- Connect with your spiritual needs



Connect

7



Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Learning new things will make you more confident, as well as being fun to do.

- Ask someone to teach you how to do something or about a topic which interests you
- Search the internet for information, tips or online courses
- Sign up for a local course or class
- Visit your local library
- Visit a museum/ exhibition
- Ask someone a question about themselves.



Keep learning

10



Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with people around you.

- Give a smile, a compliment, encouragement
- Give a hand to someone else to do something
- Do activities with other people
- Give your time, a silent wish or prayer
- Give thanks for the good in your Life



Give

8



Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, find an activity you enjoy; one that suits your level of mobility and fitness.

You can do exercises in a chair or lying down if needed fit it into your daily routine:

- Get off the bus a stop early and walk
- Swap the lift for the stairs
- Meet a friend for a walk instead of a coffee



Be active

11



## The Take 5 steps are simple and achievable for everyone.

### Ask yourself:

- What do I currently do?
- How does it make me feel?
- What would I like to do more of?
- What gets in my way, and what would help me do it?

Write it down: What I will do, and when I will do it!...

9



Stop, pause, or take a moment to look around you. What can you see, feel, smell, or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

- Be in the present
- Take photos of things that interest you or make you feel good
- Notice your thoughts and feelings
- Savour the taste of your food
- Ask yourself, what was good today?
- Look around you at nature
- Notice other people



Take notice

12



## Take 5 leaflets, posters and wallet cards

The Take 5 messages are available in English on A5 leaflets, A3 posters and small wallet cards. The A5 leaflets are also available in Irish, Tetum, Arabic, Chinese, Lithuanian, Polish, Portuguese, Romanian, Slovakian, Somali and Hungarian. There is also a version aimed at young people.








There are also additional booklets and tools available that focus on using Take 5 for individuals, families, organisations and with communities. These can be accessed at:



[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

# My Take 5 steps to wellbeing self-assessment






The Take 5 messages are things that are easily achievable for anyone to incorporate in their everyday lives and you are probably doing some of these things already. Think about each of the Take 5 messages and what you have done recently.

	What are the things you are already doing?	What benefits do you get from these things?
 <b>Connect</b>		
 <b>Keep learning</b>		
 <b>Be active</b>		
 <b>Take notice</b>		
 <b>Give</b>		

# My Take 5 steps to wellbeing self-assessment



Think about what things you would want to continue doing or do more of. Are there other things that you would like to do that would be of benefit to you? It is important to set goals that are achievable, so think about what could make it hard for you to do it and also what would help or support you to achieve it. Review your progress after a few days or weeks to see how well you are doing in meeting your goals.

	<b>Goals</b> What else would you want to do and when?	<b>Obstacles</b> What would make it difficult for you to do this?	<b>Supports</b> What would help you to do this?	<b>Review</b> How well are you doing?
 Connect				
 Keep learning				
 Be active				
 Take notice				
 Give				

# Take 5 steps to wellbeing star



Your name:

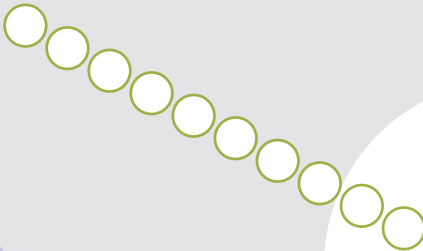
Date completed:

Connect

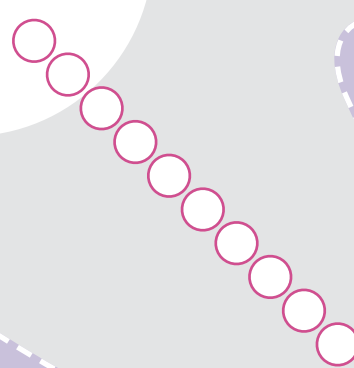


Keep learning

Give



Take notice



Be active



If you can incorporate all 5 steps, you will have a better outcome



# In the last week / month how many of the listed activities have you done?

Count how many in each category and mark your result on your star.  
Count the circles out from the centre and mark your score for each.



## Connect

- At home
- Close family
- Extended family
- Friends
- Colleagues
- At work / school / church / group
- Neighbours
- In your community
- A stranger
- A professional (Dr., chemist etc.)
- Another



## Keep learning

- Watch a documentary
- Read a book
- Try something new
- Rediscover an old interest
- Sign up for / do a course
- Take on a different responsibility
- Fix something
- Learn to play / sing a tune
- Cook a different recipe
- Set yourself a challenge
- Another



## Be active

- Walk
- Run
- Housework
- DIY
- Cycle
- Played a game
- Garden
- Dance
- Exercise
- Went to the shops
- Another



## Take notice

- Be curious
- Savour the moment
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Taste your food
- Have a conversation
- Watch and listen to the news
- Be aware of the world around you
- Reflect on your experiences
- Another



## Give

- Do something nice for a friend
- Do something nice for a stranger
- Thank someone
- Smile
- Volunteer your time
- Be active in a community group
- Donate unwanted items
- Visit a neighbour
- Feed the birds
- A compliment
- Another

# Take 5 steps to wellbeing readiness ruler



If you are considering making a change in your life in some way then you are more likely to be able to achieve this if it is something you really want to do and you feel confident in being able to do it. Mark how you feel about this right now on the scales below. Think about why you have rated it this way and whether there are things that would help increase this.

## How important is it for me to do this?

Not at all important

Somewhat important

Extremely important

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## How important is it for me to do this?

Cannot do at all

Maybe can do

Definitely can do

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## My Take 5 steps to wellbeing pledge



What will you do to use the 5 steps to wellbeing in your everyday life?

**I will...**

# Evaluation

**When planning any activity it is beneficial to know whether it has achieved what you intended.**

There will be activities that are designed primarily about Take 5 like an awareness event. However there will be many activities that were not designed with Take 5 in mind, but where it is a secondary outcome. For example, a project may be planned in order to respond to a specific issue in an area, like a community clean-up because of a litter problem, but this would also support **Be active, Give and Take notice**.

You probably already have methods to evaluate work that you do, and we are suggesting you think about how you can include Take 5 within that process.

If you think about this at the planning stage you could develop specific Take 5 related outcomes and include ways to assess these in your evaluation process. You may include general questions about the Take 5 messages like the example below.

**Tell us how today's activity contributed to any of the Take 5 steps to wellbeing**



**Connect**



**Keep learning**



**Be active**



**Take notice**



**Give**

## Other tips for evaluation

**Including some demographic information, e.g. gender, age, ethnicity or postcode, will allow you to consider whether there are particular factors about the participants that are relevant to the data results.**

Consider using methods that will give you both **quantitative** and **qualitative** information. Quantitative tools like yes/no questions or scales allow you to measure numbers and frequency. Qualitative methods such as open questions in questionnaires, focus groups, consultation events or interviews, focus on meaning and experience.

If you can gather information at more than one stage e.g. before and after a programme or at intervals such as an annual survey, you will be able to identify impact. You will find a sample evaluation form on page 31.

## Measuring wellbeing

**You may consider using some form of measurement that is specifically related to wellbeing. Wellbeing can be understood as how people feel and how they function both on a personal and a social level, and how they evaluate their lives as a whole.**

To break this down, how people feel refers to emotions such as happiness or anxiety. How people function refers to things such as their sense of competence or their sense of being connected to those around them. How people evaluate their life as a whole is captured in their satisfaction with their lives, or how they rate their lives in comparison with the best possible life.

## Examples of wellbeing measurement tools

**There are quite a number of examples of specific tools for measuring wellbeing. The New Economics Foundation (NEF) recommends three short sets of questions should you wish to use them.<sup>4</sup>**

### *The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)<sup>5</sup>*

Warwick and Edinburgh Universities were commissioned to develop this in 2006, and it is validated for use in the UK. SWEMWBS is a scale of seven positively worded items, with five response categories, which have been specifically designed to measure both the feeling and functioning aspects of positive mental well-being.

You should use the SWEMWBS if you are interested in measuring people's wellbeing at two points in time (this would usually be before and after a project or intervention of some kind), in order to see changes over time.

<sup>4</sup>New Economics Foundation (NEF) (2012). *Measuring Well-being: A guide for practitioners*. London. nef.

<sup>5</sup>University of Warwick (2015). *Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)*. [online] Available at: <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs>

Here are some statements about feelings and thoughts. Please choose the answer that best describes your experience of each over the last two weeks.

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					
I've been able to make up my mind about things					

### *The Office for National Statistics' (ONS) subjective well-being questions<sup>6</sup>*

The Office for National Statistics' subjective well-being questions are a set of four questions with a response scale of 0-10, intended to capture what people think about their well-being. From April 2011 these questions have been included in the Integrated Household Survey, which is a composite survey that gathers information from over 200,000 people in the UK.

Below are some more questions about feelings. Please give a score of 0 to 10 where 0 means extremely dissatisfied/ unhappy or not at all anxious/worthwhile and 10 means extremely satisfied/ happy/ anxious/ worthwhile.

Questions	0	1	2	3	4	5	6	7	8	9	10
Overall, how satisfied are you with your life nowadays?											
Overall, how happy did you feel yesterday?											
Overall, how anxious did you feel yesterday?											
Overall, to what extent do you feel the things you do in your life are worthwhile?											

<sup>6</sup>Office for National Statistics (2017). Well-being- Office for National Statistics. [online] Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing>

### Social trust question<sup>7</sup>

This single survey question which measures social trust is very widely used, often within social capital research. It is seen as an important indicator of the strength and quality of societies and communities.

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people? Please give a score of 0 to 10, where 0 means you can't be too careful and 10 means that most people can be trusted.

Can't be too careful							Most people can be trusted				
0	1	2	3	4	5	6	7	8	9	10	

If you have the resources, NEF recommend that you ask all three sets of questions, as this should enable you to do more with your data.

However, if you are only going to use one wellbeing question, the single life satisfaction question is the most widely used subjective measure of well-being, having been used in national surveys in the US, UK and elsewhere for a number of decades. While, as a single question it has limitations, it is by far the most widely used measure in research on wellbeing.

If you particularly want to compare your data to the national picture – you can use the ONS' wellbeing questions. If you particularly want to measure wellbeing before and after an intervention you should use the SWEMWBS.

If you want to explore particular aspects of wellbeing in more detail you may get some ideas for additional measures at:



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

<sup>7</sup> European Social Survey Education Net (2013). Definition and operationalisation - ESS EduNet. [online] Available at: <http://essedunet.nsd.uib.no/cms/topics/2/1/1.html>

# Sample Take 5 Activity Evaluation form



Name:

Date:

**Thank you for participating in this activity and we hope you found it useful. We would welcome your feedback and we would ask that you take a few minutes to complete this form and leave it with us. Thank you.**

1. How would you rate your understanding of the Take 5 messages BEFORE and AFTER the activity?

1 is a low level and 5 is a high level of understanding (please circle)

Before						After					
Connect	1	2	3	4	5	Connect	1	2	3	4	5
Keep learning	1	2	3	4	5	Keep learning	1	2	3	4	5
Be active	1	2	3	4	5	Be active	1	2	3	4	5
Take notice	1	2	3	4	5	Take notice	1	2	3	4	5
Give	1	2	3	4	5	Give	1	2	3	4	5



2. During the activity did you connect with others? (please circle)

Please Comment:

Yes

No



3. Did you learn anything new? (please circle)

Please Comment:

Yes

No



4. During the activity were you more physically active? (please circle)

Please Comment:

Yes

No



5. Has the activity raised your awareness of your needs and others around you? (please circle)

Please Comment:

Yes

No



6. As a result of this activity are you more likely to give your time to others? (please circle)

Please Comment:

Yes

No



**7. As a result of the activity how likely are you to use the Take 5 messages in your everyday life?**

1 is a low level and 5 is a high level of likelihood *(please circle)*

1    2    3    4    5

**Please Comment:**

**8. Please tell us what was most useful to you**

**9. Please tell us what was least useful to you**

**10. Please tell us any suggestions you have that would improve the experience**

**11. Have you any other comments?**

**Thank you for taking the time to complete this evaluation.**



**Making life better,  
together**

*Belfast Strategic Partnership*

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