

Six ways to wellbeing

TOOLKIT

Six ways to wellbeing

When it comes to your wellbeing, a small action can make a big difference. The University of Manchester's six ways to wellbeing will help you make positive changes to keep feeling good and living well.

Evidence shows that there are number of types of activity that improve wellbeing, and we've based our six ways around these*. The great thing about the six ways is that you don't have to do all of them – and some activities, such as going on a walk with friends, allow you to do more than one at once. It's important to find a blend of things that fits with your lifestyle yet stays fresh and varied, keeping you inspired.

We've listed our six ways to wellbeing below. For each, we've included examples of simple activities that you could do to achieve these.

**The evidence behind these our six ways is summarised in Five ways to wellbeing, a report the UK government's Foresight programme written by the Centre for Well-being at the New Economics Foundation.*



Connect

Why?

Feeling close to and valued by others is key to our happiness. Happier people have been shown to have stronger relationships than those who are less so.

Find time to nurture your friendships and family bonds can help you feel better and live better.

How?

- Join a group or society to meet new people with your interests
- Take it in turns to cook a shared meal
- Find time in the diary to catch up with an old friend or a family member
- Start a book group or host a film night



Give

Why?

Helping, giving, sharing – doing something for someone else has been proven to make us feel more positive and increase our self-worth.

By improving others' lives we can improve our own. Why not take time to do something kind.

How?

- Send someone a thank you note
- Seek out an opportunity to volunteer in the local community
- Bring a surprise treat in for your team
- Smile at a stranger as you go about campus



Take notice

Why?

Being mindful of the moment – what's happening, and how it makes us think and feel – can help us better understand ourselves. When we know how to do this, we can seek out the moments that we value most.

Life moves fast – so hit pause and take a second to appreciate what's going on, inside and outside.

How?

- Notice how beautiful campus is with each changing season
- Record a positive feeling every day and review them from time to time
- Take a different route on one of your regular journeys
- Cycling, meditation, listening to music – however you prefer, find time to focus on your thoughts and feelings



be **active**

Be active

Why?

Exercise isn't just about keeping fit. A growing consensus suggests that physical activity can help us think and feel positively.

Find a form of physical activity that fits with other commitments and which is enjoyable.

How?

- For shorter journeys, leave the car or the bus pass at home
- Help yourself wake up by dancing to your favourite song every morning
- Take yourself for a walk - borrow a dog!
- Try one of the classes available during lunchtimes on campus



Be healthy

Why?

A healthy body will help you keep a healthy mind. Paying attention to nutrition, looking after your personal safety and getting enough sleep will benefit your wellbeing.

Everybody's different, so make the choices that fit your lifestyle and budget.

How?

- Reading, music, or a regular bedtime: find a routine that gets you ready for sleep
- Practice healthy recipes by cooking for friends
- Switch out one coffee a day with a herbal tea or water
- Put your phone away sometimes, and especially when walking home



learn and
discover

Learn and discover

Why?

Whether it's gaining a new skill or broadening your knowledge, the end results of learning can undoubtedly be positive. The act of learning in itself is valuable and has been shown to boost self-esteem, resilience, social integration and more.

Set yourself a target and take time to savour the journey of learning something different.

How?

- Try one of the informal language classes on offer at the International Society
- Download a podcast series for your journey to and from campus
- Learn more about the city you live in; sign up for free walking tours and evening events in historical buildings
- Spend a lunch break exploring the Whitworth Art Gallery or Manchester Museum right here on campus



The device

The six ways device is a campaign identity and is secondary to the University's brand, its association with the University must always be clear. The device should never be used in place of the University logo.

Positioning, placement and sizing

Always adhere to The University of Manchester brand guidelines, the size of the logo and device is dependant on the individual dimensions of the collateral they are to appear on, use the templates provided as a guide.

The graphic device has been created in illustrator and must not be re-purposed and always remain in proportion.

A purple device is available for white backgrounds, a black version where the purple cannot be used and a white version for white backgrounds.

Do not use the white device on pale backgrounds, do not use the black device on dark backgrounds.

SIXWAYS
to wellbeing

connect

C5 M96 Y27 K0
R223 G28 B107
#E01C6B

SIXWAYS
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give

C34 M94 Y2 K0
R178 G42 B133
#B22A85

SIXWAYS
to wellbeing

take
notice

C45 M0 Y84 K0
R162 G199 B74
#A2C47A

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be **active**

C58 M0 Y6 K0
R102 G198 B232
#66C6E8

SIXWAYS
to wellbeing

learn and
discover

C0 M45 Y100 K0
R245 G156 B0
#F59C00

SIXWAYS
to wellbeing

be **healthy**

C84 M70 Y0 K0
R66 G83 B160
#4253A0



SIX WAYS TO WELLBEING

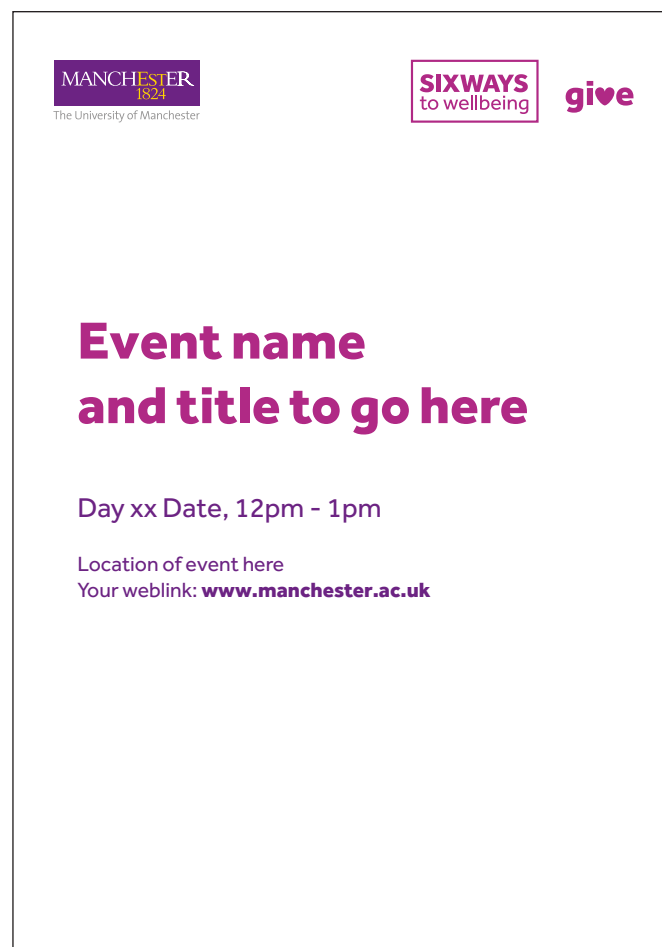
Poster templates

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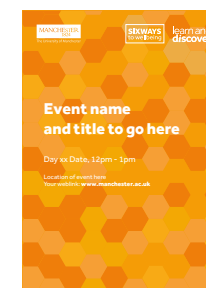
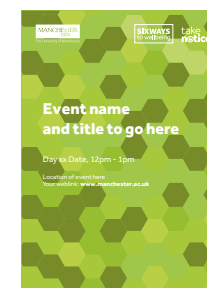
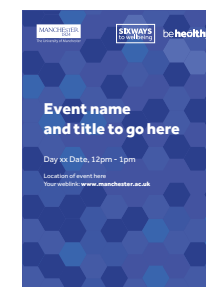
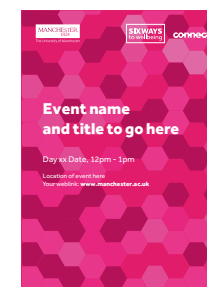
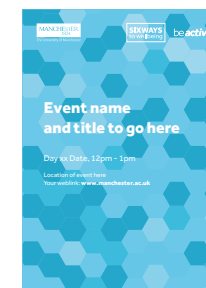
If using a colour background you should use the hexagon image in the colour of the way, with the white version of the devices. You could choose a different colour for your text but make sure that it still stands out well.



White posters are quite striking on a noticeboard, or alternatively you could find a specific image for your poster but make sure that the text still stands out well.



Example of the templates available shown here



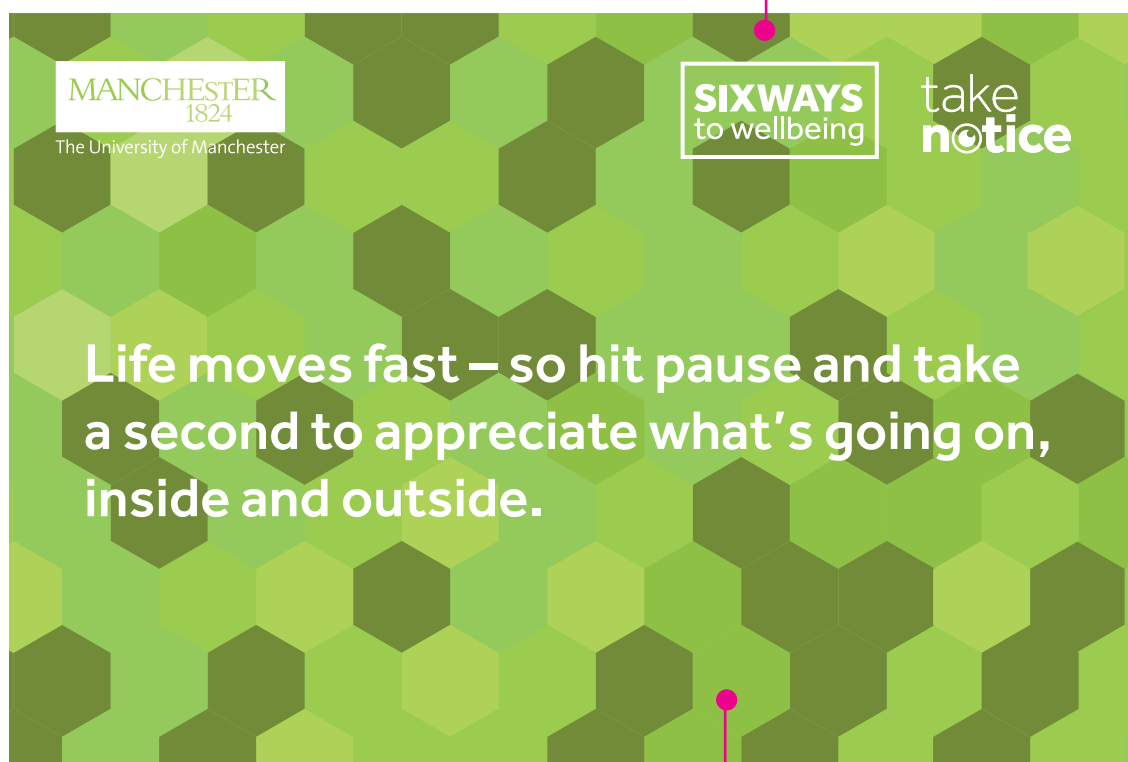
Available as an Adobe InDesign file in the toolkit

SIX WAYS TO WELLBEING

Screen templates

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For screens the SIXWAYS device should appear alongside the way in the header



Available as an Adobe Illustrator eps file in the toolkit

In templates for the screen they are set up using open sans to match the University guidelines on typography. See www.manchester.ac.uk/brand

Example of the templates available shown here



SIX WAYS TO WELLBEING

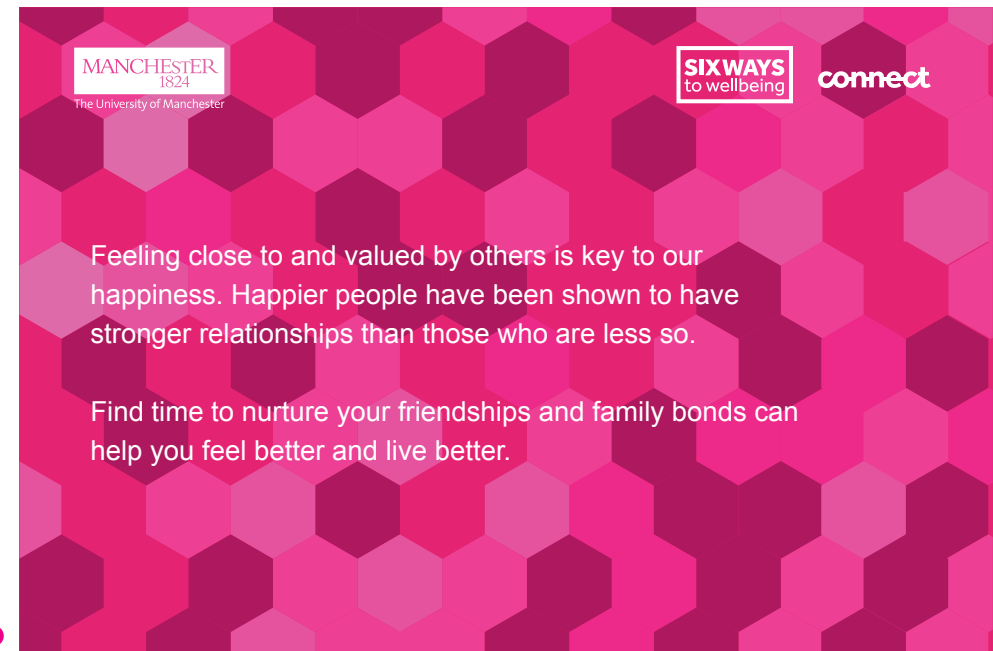
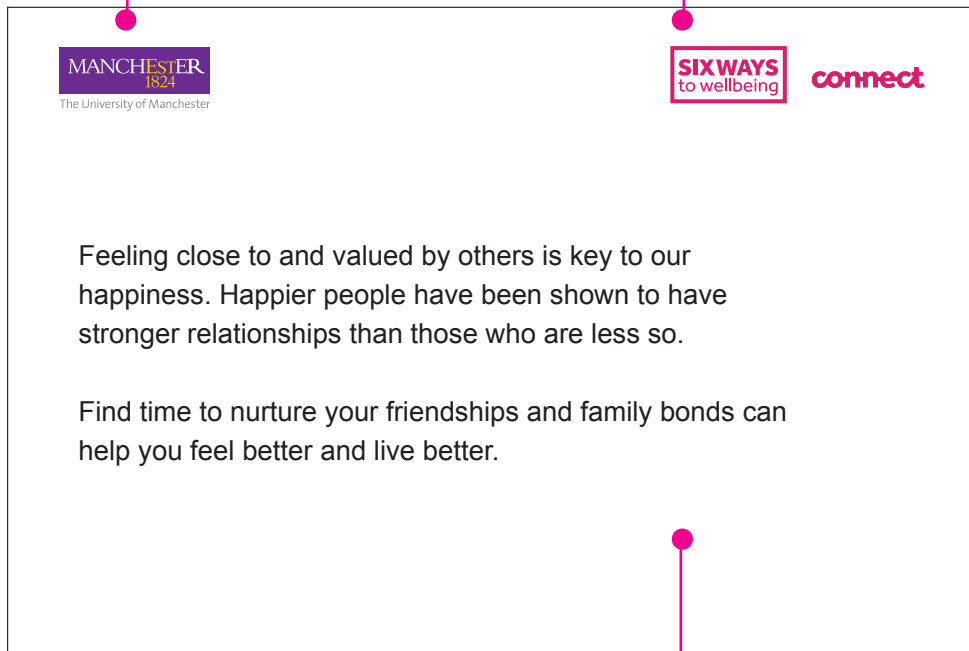
Powerpoint templates

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Always make sure the University logo appears with the SIXWAYS device

In powerpoint the SIXWAYS device should appear alongside the way in the header

If using the hexagon background make sure your slide is still easy to read (the background will work best for slides with images or with minimal text)



Available as Powerpoint file in the toolkit

In powerpoint the templates are set up using arial as all computers use this font as default

SIX WAYS TO WELLBEING

Drop banner templates

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Always make sure the University logo appears with the SIXWAYS device

Use the device for the way here



Example of the templates available shown here

Available as Adobe Illustrator files in the toolkit
These can be produced through Media Services
in the University in the Graphic Support Workshop



For twitter and facebook
Adobe Photoshop psd file of all
ways in the templates toolkit



For instagram
Adobe Photoshop psd file of all
ways in the templates toolkit



SIX WAYS TO WELLBEING

Hexagon background images

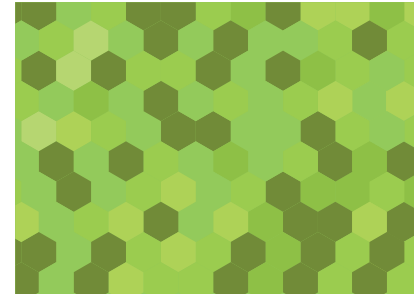
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Connect



Give



Take notice



Be active



Be healthy



Learn and discover

●
Available in eps, jpg and png
formats in the toolkit

The templates available to download are:

- Device - a colour, black and white version in eps, jpg, png and tif format
- Powerpoint - a template with colour and white backgrounds
- Drop banner in Adobe Illustrator eps format
- Poster in Adobe InDesign format
- Screen template in Adobe Illustrator eps format
- Twitter and Facebook template in Adobe Photoshop PSD format
- Instagram template in Adobe Photoshop PSD format
- Hexagon style colour background in eps, jpg and png formats