

# 06 Fact sheet

## Engaging people and teams

There are many ways you can inspire and motivate your people and teams to build the Five Ways to Wellbeing into their daily lives. Take some inspiration from the following activities and see [Fact sheet: Making it happen](#) for more tips.

<p><b>All Five Ways</b></p>	<p>Create Five Ways to Wellbeing Awards to celebrate individuals and/or teams who introduce the Five Ways into their lives. <b>Template awards certificate</b></p>	<p>Develop a photo board and invite team members to take pictures of what the Five Ways mean to them. Choose one of the 'Five Ways' to focus on each month.</p>	<p>Encourage and support teams to set goals and consider what they currently do and how they can do more of the Five Ways. <b>Goal setting tools</b></p>	<p>Help your team/s embrace the Five Ways, get to know each other and have a laugh using one of our team games activities: <b>'Did you know?' team game</b> <b>'What is wellbeing?' team game</b> <b>'Wellbeing bingo' team game</b> <b>'Taking notice of wellbeing' team game</b></p>	<p>Make the <b>Five Ways to Wellbeing information sheets</b> available to your people and teams and/or present on the Five Ways – these are brief, they explain the Five Ways and they provide examples of what individuals can do. <b>See template PowerPoint slides for presentations, meetings and events</b></p>
<p><b>Connect</b></p>	<p>At your team meeting, set a challenge for team members to Take Notice of the Five Ways to Wellbeing happening at work. <b>'Taking notice of wellbeing' team game</b></p>	<p>Provide a physical environment that allows teams to relax together, such as an outdoor bench, a couch or a kitchen table.</p>	<p>Encourage walking over and having a chat with your team mate, instead of emailing or calling.</p>	<p>Organise a baby photo competition – guess who the baby is!</p>	<p>Organise a shared team lunch once a month, to encourage everyone to eat together. Tie this in with celebrating and learning about team members' cultural backgrounds. (A balanced diet is good for wellbeing too, so consider what food you enjoy together)</p>
<p><b>Give</b></p>	<p>Develop a culture of saying thank you for hard work – both formally and informally. It might be as simple as providing cards so people can write handwritten thank you notes.</p>	<p>Encourage teams to bring any excess produce from their gardens to share with others.</p>	<p>Encourage people or teams to do an act of kindness once a week. (Doing this over a six-week period has been shown to increase wellbeing<sup>1</sup>)</p>	<p>Ask more experienced people in the team to buddy up with new/younger team members to share skills, insight and experience.</p>	<p>Explore opportunities for teams to volunteer in their local community.</p>

<b>Be Active</b>	<p>Encourage people to be as physically active as their fitness and mobility allow. You don't have to run a marathon to be active. Promote dancing, playing with the kids, walking, gentle forms of activity such as neck and shoulder exercises, stretches or Tai Chi. <b>Fun ideas to keep your family active</b></p>	<p>Have a walking challenge or a challenge that gets people moving in other ways. Think of fun incentives, such as hidden messages for people to discover.</p>	<p>Promote sitting less, moving more and breaking up long periods of sitting.</p> <p><b>Guide to Sitting less, Moving More</b></p>	<p>Spread the word about any work-based team sports – or find out the most popular sport among your colleagues and then organise a match or tournament. Remember, even if you're not playing you can still be part of the support team.</p>	<p>Promote a team walk at lunch time in a local park, as connecting with nature is also good for wellbeing<sup>1</sup>.</p>
<b>Take Notice</b>	<p>Provide a space for time-out and reflection, such as a comfortable corner, or an outdoor bench.</p>	<p>Promote people taking walks in a nearby park during breaks – encouraging them to notice the environment around them.</p>	<p>Introduce mindful awareness through a breathing or mindfulness exercise at the start of meetings. See <b>Tool: Introducing mindfulness</b> for a step by step guide to a short breathing exercise.</p>	<p>Organise yoga, Tai Chi or Pilates at work or opportunities for a massage.</p>	<p>Bring nature into your working environment by creating a shared garden or green space where people can grow small plants, introduce some pot plants into the workplace or frame a picture of a beautiful scene from nature.</p>
<b>Keep Learning</b>	<p>Organise lunch and learn workshops and encourage, support and invite people to become involved (e.g. ask people with hobbies to help organise/facilitate).</p>	<p>Invite team members to put their hand up for new challenges/ training to broaden their knowledge.</p>	<p>Take a team trip to a local museum or gallery.</p>	<p>Encourage people to listen to a podcast or read a journal article.</p>	<p>Start a book club and use communications like intranet, email or posters in common areas to share discussions and book reviews from the group.</p>

1 New Economics Foundation. (2008). Five Ways to Wellbeing: The evidence.