

HOW THE WELLBEING CHALLENGE WORKS

This is a 5 week Challenge built on the framework of the evidence based actions of The Five Ways to Wellbeing, and the PERMA model. It's fun, holistic and there's something for everyone.

01 Form your team



02 Each week you will be notified about:

- The focus for the week
- The challenge of the week (based on that week's focus)
- Additional points earned for the challenge.



03 Complete the weekly Challenge



04 For extra points complete some of the small 'standard' activities



05 Enter them into the Wellbeing App (on your phone or PC)



06 Earn points over 5 weeks



07 Everyone is a winner!



The Five Ways to Wellbeing: are a set of actions (Connect, Take Notice, Give, Keep Learning and Be Active) that are shown by research to improve people's wellbeing. They can't change our circumstances but building them into our daily lives can help us feel better, no matter what our starting point.

The PERMA Model: is described by Dr Martin Seligman as a foundation for happiness and wellbeing. PERMA is the acronym for Positive emotion, Engagement, Relationships, Meaning and Achievement.