Reasons to be cheerful

Bolton

What is wellbeing?



Wellbeing is about **feeling good and functioning well**[1]



Mental health is a state of wellbeing that enables people to[2]:

- Cope with the stresses of life
- Fulfil their abilities
- Learn & work well
- Contribute to their community



Our **mental health influences our physical** health[3]

- It affects our capability to lead a healthy lifestyle
- It affects how we can manage & recover from physical health conditions



We often measure **personal wellbeing** - this **asks people directly** how they feel[3]

- Includes life satisfaction, positive emotions, & whether life is meaningful.

5 ways to wellbeing[4]



Connect with other people

- E.g. have lunch with a colleague
- Try not to only rely on technology or social media



Be physically **active**

- Find activities you enjoy & make them part of your life



Learn new skills

- E.g. learn to cook something new
- E.g. take on a new responsibility at work



Give to others

- E.g. small acts of kindness to others
- E.g. volunteering in your local community



Pay attention to **the present moment** (mindfulness)

- Notice what's going on in the world around us & our thoughts & feelings

How is our wellbeing?

Among Bolton adults[5]



- **63%** are highly **satisfied with life**
- **61%** feel that the things they do are highly **worthwhile**
- **61**% feel high **happiness**
- **63%** feel highly **hopeful about their future**

Among GM adults[5]



- **Older adults** were most positive – 68% of those aged 65-74, 80% of those aged 75-84 were highly satisfied with their lives



- **70%** of **males** **62%** of **females** felt highly happy yesterday
- **48%** of **disabled** people **70%** of **non-disabled** people felt highly **satisfied with life**



- **74%** of **males** **83%** of **females** felt highly **hopeful about** the **future**

Activity levels & wellbeing



There's a **positive association** between **activity levels & mental wellbeing**[6]

- Those who are **active** tend to feel **happier & more satisfied** with their lives

Among Bolton adults[7]:



- **66% exercise to help them relax** & worry less about things
- **45% exercise socially for fun** with friends
- **69%** find the places and environments where they exercise **inclusive & welcoming**

Among Bolton young people[8]:



- **82% feel better about themselves** from exercising & sports
- **68%** exercise and play sports to help them **relax & worry less**

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Work & wellbeing



On average, working adults in the UK spend around **a third of their lives at work**[9]

- What we do, how we do it, and how we are treated can have important effects on our wellbeing



People **in work** tend to report **higher wellbeing** than those who are **unemployed**[9]

- Financial impacts
- Plus stress, isolation, loneliness, the lack of a sense of purpose, lower self-esteem



'**Good work**' is work that **treats workers fairly** and **promotes** their overall **wellbeing**[9]

- Safe work environment
- Sense of security, autonomy, good line management and communication within an organisation.

Nature & wellbeing



General exposure to **greenspace** has a range of **positive physical & mental health** outcomes[10]

- 8% of the area of Bolton is 'outdoor recreation'[11]



Systematic reviews of **community and group gardening** show positive associations with **improved mental health**[10]

- **15%** of the area of Bolton is 'residential **gardens**'[11]



Research on **outdoor exercise** (most often walking) had positive wellbeing outcomes, being **relaxing, improving mood, and reducing anxiety**[10]

- as well as the positive impact of the physical activity

References

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