

# What is Take 5 Steps to Wellbeing?

## connect | keep learning | be active | take notice | give

Five simple steps you can take to help maintain and improve your wellbeing in everyday life. You can use your local green spaces to achieve these:

### CONNECT



**Spend time with your family and friends.** Green spaces can help you *connect* with the people around you and promote a sense of belonging and community. Ask someone to join you for a walk in a park or along the greenways, or join events such as organised walks or runs in your local area.

### KEEP LEARNING



**Gain new skills and hobbies.** Green spaces can be places to *keep learning* and try something new, rediscover an old hobby or sign up for a course. This could involve growing plants and food, roller-skating, doing yoga, or using the outdoor gyms and sports areas. People who spend more time outdoors tend to feel closer to nature.

### BE ACTIVE



**Improve your physical health.** Walking in a park can have a bigger impact on supporting your heart and blood pressure than walking on a busy street. Green spaces can also encourage you to *be active*. Try to walk whenever you can, particularly for short journeys of one mile or less, or 15-20 minutes, such as to the park, school, work, doctors/GP, pharmacy, shops, or post office.

### TAKE NOTICE



**Improve your mental health.** Green spaces can reduce stress, improve brain function, improve sleep, and reduce depression. When you are walking, wheeling, or sitting in a local park or along the greenways, *take notice* of the trees and wildlife around you. Think about what you see and how it makes you feel.

### GIVE



**Look after your local area and the environment.** Green spaces can encourage nature and biodiversity, which supports health and wellbeing by helping to clean air, reduce flood risk and store carbon. You can *give* your time and energy by being part of community groups that look after and maintain green spaces and the environment. Being involved in designing and caring for green spaces can also allow others to better understand how to improve these spaces in the future.

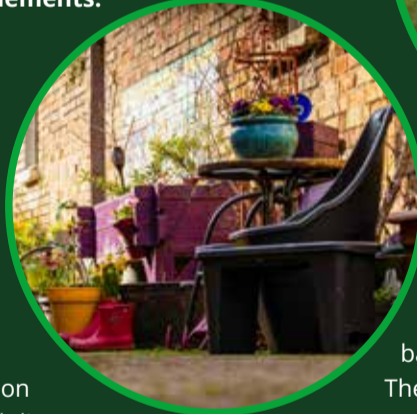


## What are green spaces?

Green spaces can include parks, children's play areas, woodlands, riverside footpaths such as greenways, and blue spaces which represent water elements.

### South Belfast Alleyways

Transformed into vibrant spaces that provide a sense of community to celebrate local heritage, culture and create expression through history and diverse identity. Many of these alleyways have been created to encourage social interaction and cohesion within the local communities.



### Ormeau Park

This beautiful park is home to playing pitches, a BMX track, pavilions, and tennis, basketball and netball courts. The park hosts a playground, eco trails, orienteering routes and weekly park runs. This park offers something for all ages and abilities to enjoy.

### Botanic Gardens

This 28-acre public park has giant bird feeders, sculptures, a rose garden and The Palm House and Tropical Ravine which are home to various tropical and seasonal plants. Popular among students, tourists and residents who come together to enjoy concerts, festivals, and walking trails.



### Friends of the Field

A community-led green space opened weekly to everyone interested in growing food, learning about sustainability and biodiversity. Follow their Instagram @friendsofthefield. Accessed via QUB's PEC on Stranmillis Embankment, the garden hosts regular growing groups, workshops and monthly events.



