THE GREAT BIG ROTHERHAM TO-DO LIST

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HM Government

European Union
European Regional Development Fund

NHS
Rotherham
Clinical Commissioning Group

Rotherham Metropolitan Borough Council

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WELCOME

During COVID-19 people dug deep and adapted to get through tough times – finding resilience we didn't know we had!

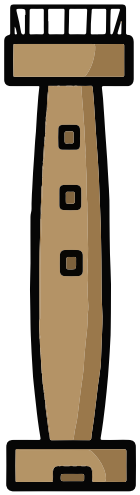
Some changes were positive: more quality time with family, getting outdoors or starting hobbies. In fact, lots of these things fit with the Five Ways to Wellbeing.

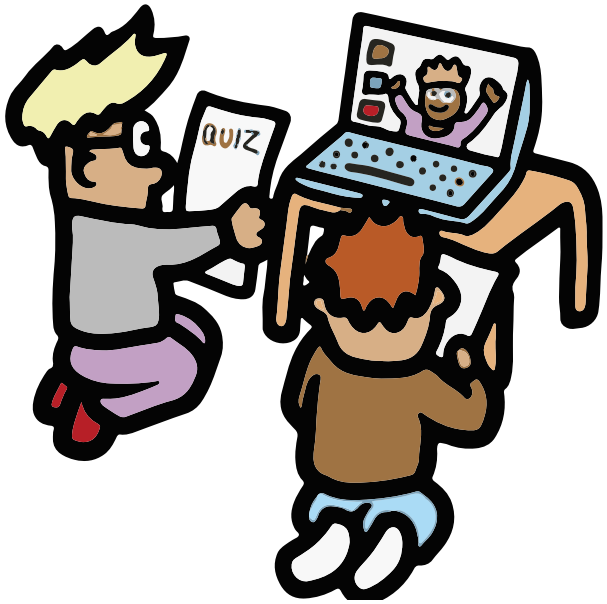
As life gets back to normal it's just as important to look after ourselves – and keep doing those good things – whether we're nine years old or 90.

We hope these ideas will inspire you to do things that make you feel happier and healthier!

If you want to take further steps to look after your mental health, or support your loved ones, you can get more ideas and help from **www.rotherham.gov.uk/great-to-do**

PS The Great Big Rotherham To-Do List has been brought to you by Rotherham Council and NHS Rotherham Clinical Commissioning Group. It's supported by the 'Welcome Back Fund', which provides councils with European Regional Development Fund money to help build back better from the pandemic.





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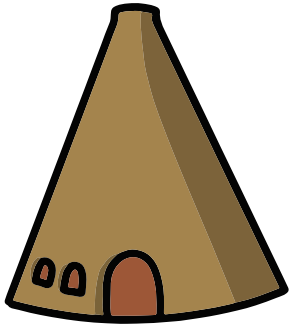
FIVE WAYS TO WELLBEING

We all have mental health, and it's important we take steps to look after it. Studies show that some things help all of us to feel and function better. These are to…

- **BE ACTIVE:** Regular physical activity helps prevent depression. Activity doesn't have to be intense – walking and gardening count!
- **CONNECT:** People who connect with family, friends or their community are happier, physically healthier, live longer and have fewer mental health problems.
- **GIVE:** People who regularly offer acts of kindness improve their wellbeing. It can be as simple as smiling at someone, saying thank you or doing something nice for a neighbour.
- **KEEP LEARNING:** However old we are, we should never stop learning. It improves self-esteem, increases confidence, helps us meet people and generally leads to a more active life.
- **TAKE NOTICE:** When people pause to reflect and be aware of what is taking place in the present, it improves their wellbeing. They worry less about the future, and the past, and can see what really matters. Just taking a different route to the shops and really paying attention can help us take notice.

For practical tips, advice and groups to help adults look after their mental health visit **www.rotherhive.co.uk**



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THEMED TO-DO LISTS

These three lists suggest activities to meet different needs. What ideas would you add to each?

One good turn

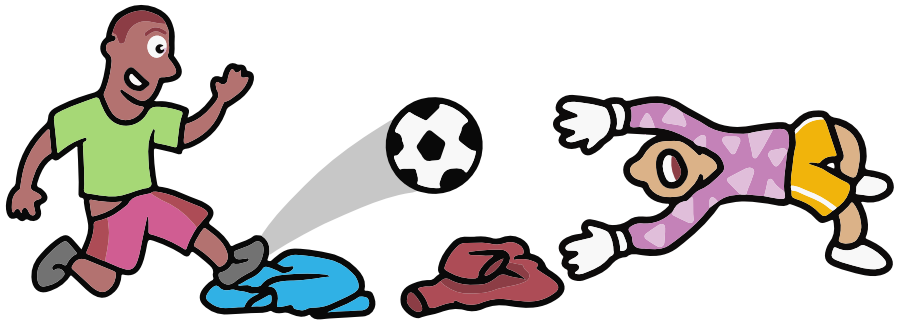
When we help others we make connections and boost our own wellbeing – it's win-win! Just a few minutes can make a big difference. You could…

- Swap seeds and plants.
- Read to someone by phone, video or in person – it could be the newspaper or a bedtime story!
- Volunteer as a befriender for phone calls or meeting-up
- Organise a neighbourhood activity – cul-de-sac bingo anyone?
- Do their chores with yours – like shopping, gardening or walking the dog.

Time to recharge

Clearing and calming our minds is essential to keeping well, so try to set aside time for things that re-energise you. Creating 'me time' might feel like a luxury – but you can't run on empty for long. Perhaps you could…

- Snuggle down with a good movie or book.
- Go for a walk, bike ride, dance or a kick about with your mates.
- Close your eyes and pay attention to all the things you can hear, smell and feel around you.
- Lose yourself in a jigsaw, colouring or making a model.
- Have a digital detox – take a screen free hour or afternoon.



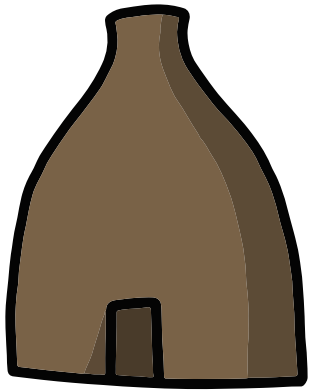
Armchair adventures

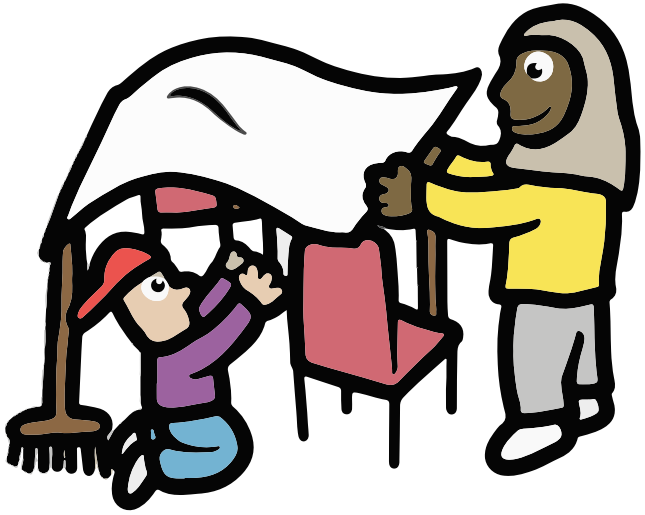
Expand your horizons without leaving the house! Keeping our minds occupied and having structure to the day helps protect our mental health too. You might…

- Trace your family tree – or at least a branch of it.
- Try a new food – it could be a way to travel the world!
- Wave to everyone who passes your window – can you predict who'll wave back?
- Keep a diary or write the story of your life (so far!).
- Feed the birds – how many different species can you attract?

WHAT'S ON YOUR TO-DO LIST?

What could you do to find your way to wellbeing? Putting a list together now of things that make you feel happier and healthier might help remind you to look after yourself. Use the ideas on The Great Big Rotherham To-Do List to get you started.





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THE GREAT BIG ROTHERHAM TO DO LIST

Thank you to all the Rotherham residents who helped create this list by sharing what they've done to feel happier and healthier, even when times were tough.

Try picking an item off the list at random and make a plan to give it a go, or use it to inspire and an even better idea!

- Have a kitchen disco
- Take a walk with friends
- Hold a Zoom quiz
- Build a den
- Reach out to an old friend
- Go by bike
- Revisit childhood games like hop scotch, skipping and hula hoop
- Smile and say hello as you pass people
- Discover new paths
- Have a natter with your neighbour
- Get a pen pal
- Go on a bug hunt
- Join a community litter pick
- Perform a random act of kindness
- Learn to juggle
- Try a new recipe

- Go on a muddy puddle walk
- Clear the clutter
- Treat yourself to a home pamper session
- Discover local history
- Get crafty with knitting, pottery, potato printing… or whatever takes your fancy
- Go fishing
- Sing as if you're a star
- Take photos or make a video
- Sledge down a hill in the snow
- Try star gazing
- Watch the seasons changing
- Plant your pips and see what you can grow
- Try birdwatching

Don't forget, if you want to take further steps to look after your mental health, or support your loved ones, you can get more ideas and help from **www.rotherham.gov.uk/great-to-do**

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