

# 5 Ways



A resource exploring the 5 Ways to Wellbeing, by  
young people & staff at Allsorts Youth Project

**allsorts** youth  
project



# 5 Ways

Welcome to the 5 ways! An interactive mini-guide exploring the 5 Ways to Wellbeing, designed and made by some of the awesome LGBT+ young people at Allsorts Youth Project.

Each young person has made their own page, sharing a little bit about themselves, who they are, their likes and their interests, and how the 5 ways relate to them.

## But What are the 5 Ways?

Loads of evidence suggests there are 5 simple steps you can take to boost your mood and help you feel happier, and more positive. They are...







## HEY THERE!

I am a chronically ill, autistic, queer trans man. I experience major depressive disorder and dissociation.

I love musicals, in particular **Dear Evan Hansen** and **Everybody's talking about Jamie**. I also enjoy art, video games and listening to audiobooks. I love watching tv shows/web series with queer storylines - some of my favourites are **SKAM** and **Young Royals**.

## CONNECT

Connecting for me is the key way I cope with/ look after my mental health. I enjoy calling with my friends but when that's not possible I find watching gaming streams helpful. They help me connect to others even if I don't communicate.

## BE ACTIVE

Be active is a category that gets clouded by exercise. As someone with chronic illnesses, I can't be active in the stereotypical way. However, for me, being active means attending allsorts groups or attempting to connect with others.



## TAKE NOTICE

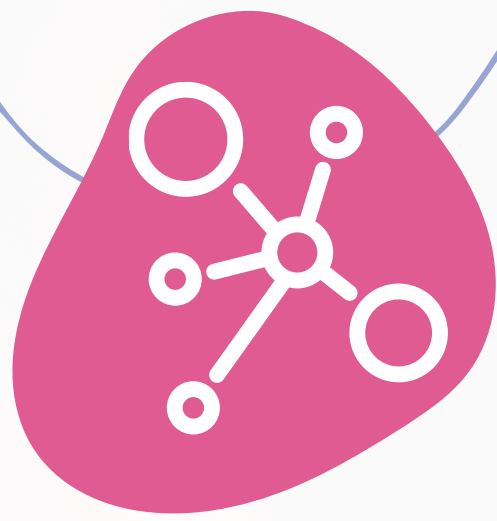
I take notice by listening to my body, granted some days I'm better at it than others! But I listen to how my body and mind is feeling. I acknowledge that I don't always know how I feel and I try to allow myself to not know. I also try to allow my emotions to be there and try to accept that sometimes I need to ride them out.

## KEEP LEARNING

I think keep learning can be super small. For example, finding out a interesting fact or watching a tik tok about something you weren't aware of. One of my favourite facts is that earthworms have 5 hearts.







# Connect

What did Allsorts  
Young People say?



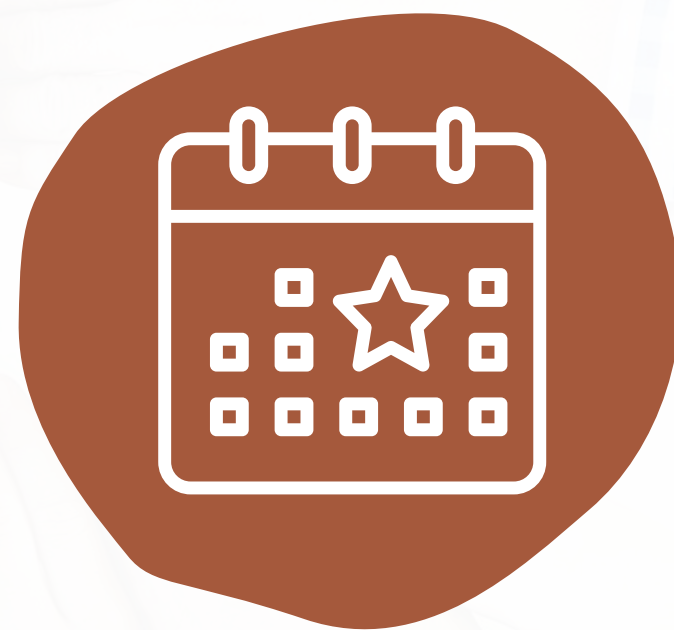
Taking time to socialise  
with your friends or family



Writing physical  
letters or cards



Expressing yourself  
through art or writing



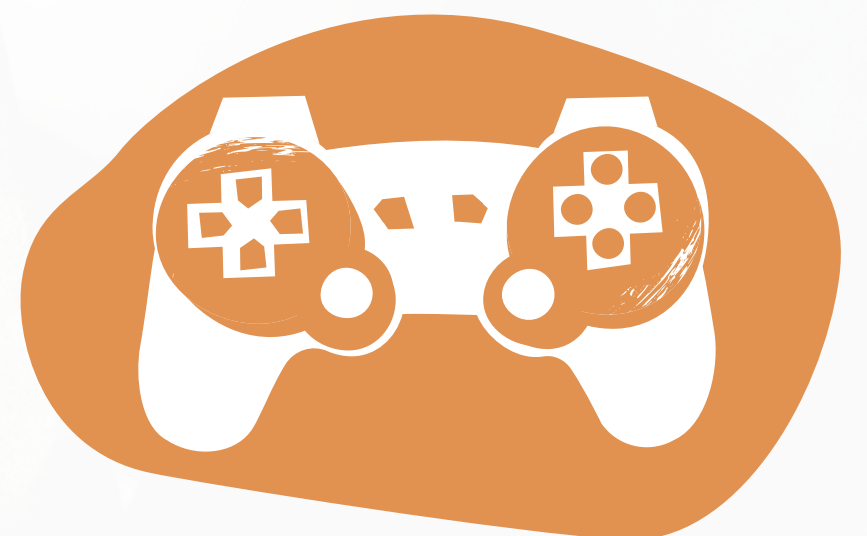
Get involved in your community,  
go to events or volunteer



Playing with  
your pets



Appreciating  
your teachers



Playing  
online games



### Connect

As an autistic person with pretty severe social anxiety, I rarely connect with others. However, I connect often with myself through self-care rituals and self reflection.

### Learn

I love to learn. I spend a lot of my free time researching things I find interesting, from historical events to illustration skills. I've recently started learning BSL for when I'm nonverbal.

### Be Active

I walk my dog a few times a day, practice yoga before bed, and take ballet classes on the weekends. It helps me feel like I have control over my body for once.



### Take Note

I take note of things around me as a grounding technique when my anxiety takes over. I like to try and focus all of my attention on one thing, such as the veins on a leaf or stitching on a plushie.

### Give

Giving to others brings me a lot of fulfilment. I love to give others my time, my ear, my shoulder, and often buy gifts out of the blue to remind my friends I'm thinking of them.

### A bit about me

My name is Remus (Remy) and I take He/They pronouns. I'm a vegan animal lover, ballet dancer, tea connoisseur and tattoo enthusiast. I struggle with severe social anxiety and depression, and I'm a mostly non-verbal autistic!





# Keep Learning

What did Allsorts  
Young People say?



Exploring  
your hobbies



Learn to appreciate  
yourself, flaws and  
imperfections



Keep learning  
through reading



Try new things



Feed your  
curiosity



About ourselves  
and wellbeing



Learn new skills



Learn about  
others

**Write or draw something that helps  
you feel better when you're down...**



**Write or draw something that helps  
you feel better when you're anxious...**







# Be Active

## What did Allsorts Young People say?



Going for a morning walk



Meditate in the woods



Dancing (home disco!)



Cycling



Jogging



Walking my dog



Swimming



Throwing rocks in the sea!



Try new sports



# IMOGEN'S PAGE

My name is Imogen, but my friends call me Immy. I am currently in year 10. I'm nonbinary and bisexual, i have server dyslexia and emotional Dysregulation (when I can't control my emotions), I also suffer from anxiety and i tend to struggle with my mental health. I absolutely love playing rugby, and i want to take it to the next level when i get older. I'm an extremely confident and competitive person. I play the drums and I'm an artist, i love anime and I'm obsessed with the Japanese culture. Not just being a rugby player id like to take my art to the next level! I have a small YouTube account where i share some of my editing skills with the internet! I hope to change the world one day, and make it a more diverse place for everyone to thrive.

## Connect:

I have a wide variety of friends, from rugby to school and youth groups, i allways tell my closets friends what's on my mind because their always there to support me. My moods is all ways better when i can have a laugh with them

## Be active:

I play rugby 3 times a week during the winter, and I'm hoping go rock climbing when the season ends. Doing sports and engaging in physical activities betters my mental health by letting all of my emotions out.

## Take notice:

On places like the bus or when I'm looking at the sunset, it gives me Time to look at the world around me and notice how beautiful things can really be, sometimes when I'm looking at these things i take time to look back at the things I've been able to overcome.

## Keep learning:

Ive recently tried some new activities like drumming, and i absolutely love it!! I find it another good way to let out some stress!!

## Give:

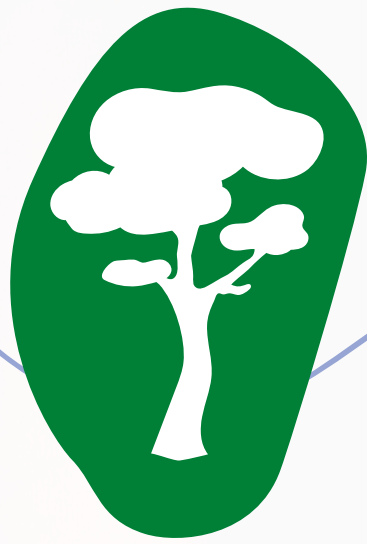
Ive signed up to be a mental health ambassador at my school to help other people who are suffering with their mental health. Ive given some of my time to learn about how to help them, in the after school meetings. I'm also a supportive friend, and I'm always there if my friends need me





Space for your thoughts...





# Take Notice

What did Allsorts  
Young People say?



of nature



of our friends and  
their interests



of how much  
we sleep



of new sights  
or sounds



stay curious



of our breathing  
and posture



of our  
improvement



of beautiful &  
unusual things

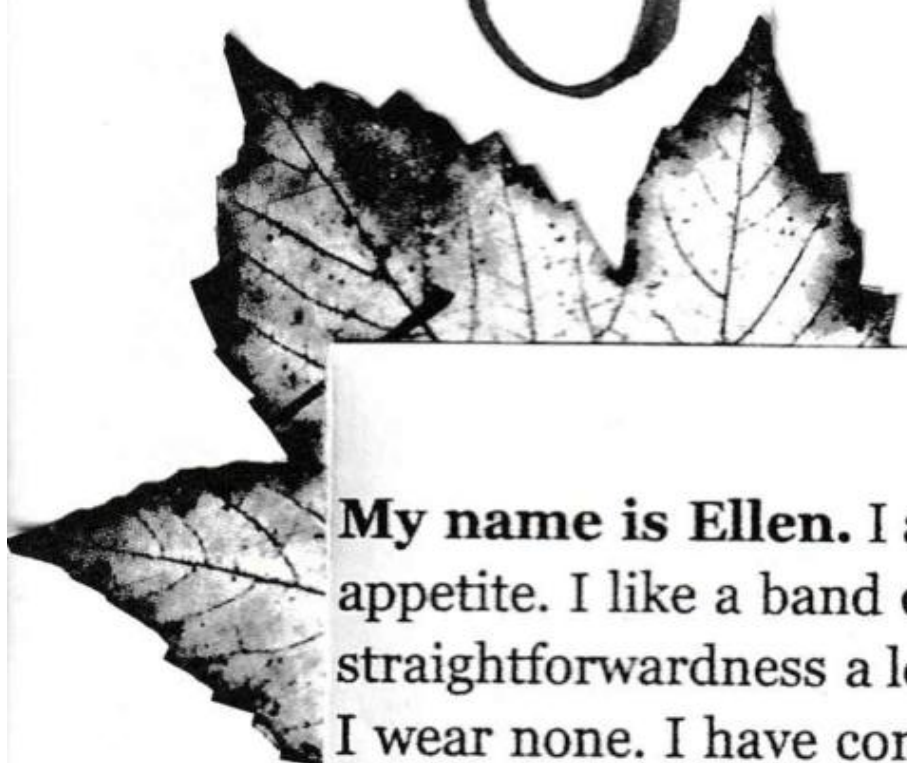


of the seasons  
changing



# 5 WAYS


BY ELLEN




**My name is Ellen.** I am a poet, a sea-farer, a creature, a boy, a girl, and someone thirsty, with a big appetite. I like a band called The Cribs very much, I quit smoking 6 months ago, I value honesty and straightforwardness a lot, and I am a good dancer. Sometimes I wear a lot of make up and sometimes I wear none. I have complex post-traumatic stress disorder. My favourite colour is turquoise, but the more green kind. I prefer buying fruit from traditional markets than big shops. I get distracted collecting pebbles on the beach. I have symptoms of depression and anxiety that come with my mental illness too.

**Taking notice** of what is going on, both internally and externally, is a huge part of how I manage difficult feelings and symptoms. I check in with myself regularly, a couple of times an hour, to see if I need anything - food, water, a moment to calm myself down, or even stimulation if I'm feeling bored and tired. It took a while to make a habit of it but it helps a lot, and it feels good to give myself what I need.

I practice something called sensory grounding when I find myself very distressed or not feeling very present and within myself. I focus on strong smells (like scented candles or herbs and spices from the cupboard), interesting textures (teddies, certain foods) and unusual sounds to bring me back down to earth. It makes me feel more calm and relaxed than when I started. I am always finding out what works and what doesn't by trying new ways of grounding.

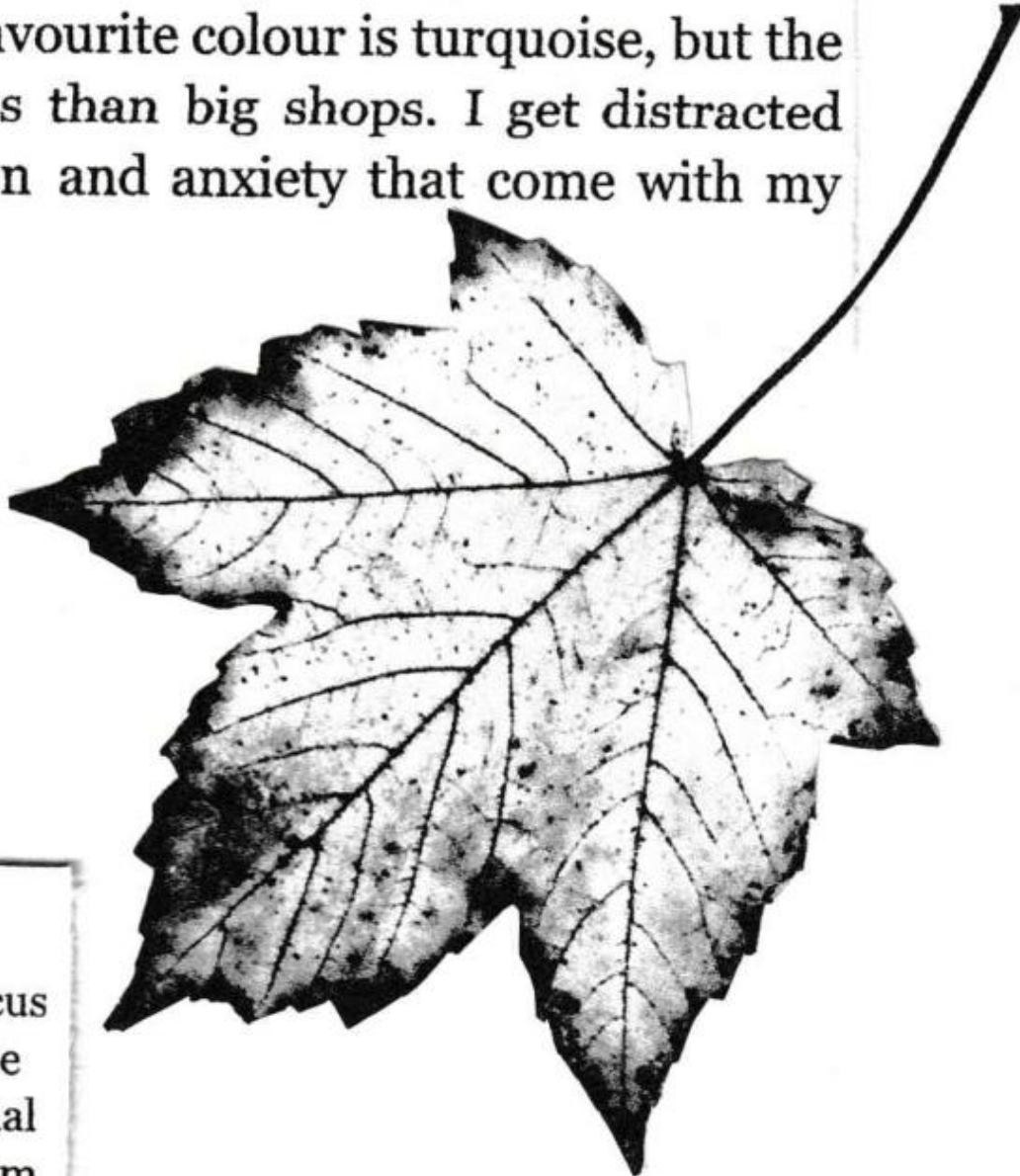


**Being active** is a great way to keep myself going without crashing or spiralling. I sometimes do proper exercise, but even getting the bus to do my food shopping or cleaning my house makes my body move and stops me from feeling gross about marinating in my sadness in my room too much. It also makes me feel **connected**.

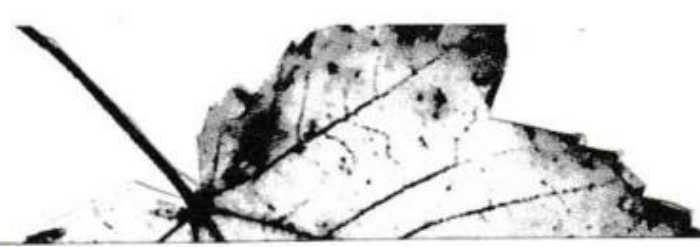


Socialising with lots of people, or even just a few for a long time can feel overwhelming, but when I go out to pick up ingredients for cooking I can have a very quick chat with the person serving me at the till, or just smile or nod at some people on my way there.

It makes me feel like I'm part of the world. Often when my lack of mental wellbeing keeps me indoors on my own, I feel isolated. Being in public without being obliged to socialise, but having the opportunity to, makes me feel **connected** again, and I feel more content and safe.



**I keep learning** in a way that feels manageable by reading. I re-read a children's series I loved when I was a kid recently, and it doesn't matter that it isn't what I'd be reading academically at university - it was just as important for me to be able to escape into a fantasy world and forget about all my worries for an hour here and there.



There's no pressure when you're reading what you want on your own, and it feels constructive no matter what. I'll read a chapter of a self help book every now and then, instead of scrolling social media (there's a time and a place for me!), and it gives me an opportunity to learn about myself, to slow down and think, when I've had enough of distraction.





# Give

## What did Allsorts Young People say?



**Respect to others**



**Cupcakes!**



**Help & Support**



**Hugs! (if people want them)**



**Apologies**



**Donations to food banks**



**Space if people want or need it**



**Your attention to others**



**Smiles**



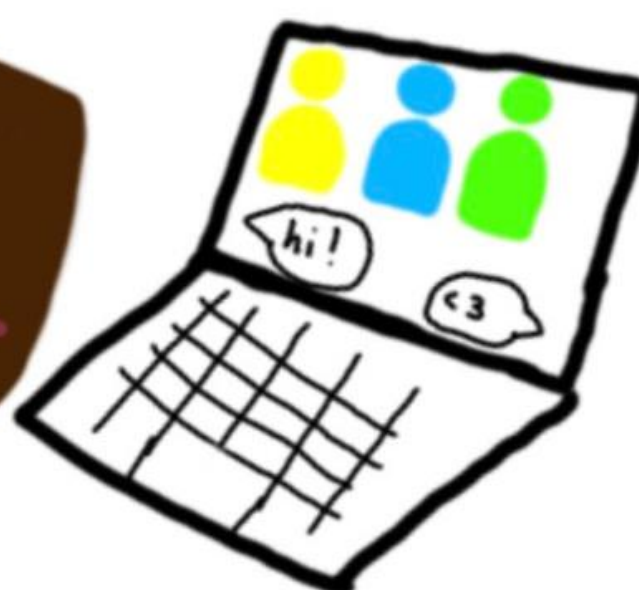
Be active



Keep learning



Connect



Give



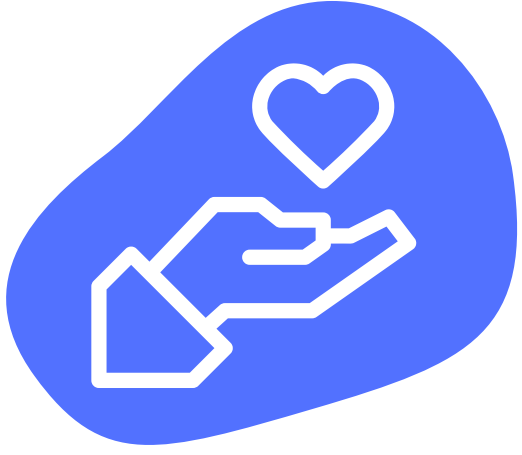
take  
notice





# How can you include the 5 Ways in your life?

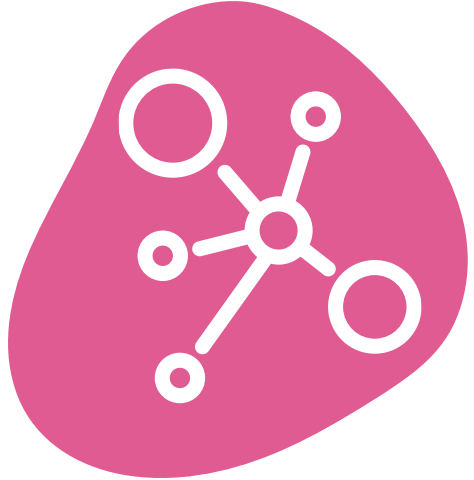
**Give**



**Keep Learning**



**Connect**



**Be Active**



**Take Notice**





# Useful Links

## Allsorts Youth Project

Find out more about our [specialist LGBT+ youth services](#)

## E-Wellbeing

Sussex-wide [mental health services directory](#).

## Where To Go For

[Brighton services directory](#).

## Pathfinder

[West Sussex services directory](#).

Allsorts is not a crisis support service. If, however, you are in crisis and need immediate support for your mental health and/or feel that you are unable to keep yourself safe you can [contact the crisis support services listed on our website](#).

Thank you to all the amazing and talented young people at Allsorts who volunteered their time and shared their valuable experiences in order to create this resource.

# Thank you!



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*5 Ways: A resource exploring the 5 Ways to Wellbeing, by young people & staff at Allsorts Youth Project, Version 2: March 2022*