

## Some great advice from a remarkable woman

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Last week I had lunch with a quite amazing woman, [Felicia Huppert](#) . Felicia is Professor of Psychology at the Department of Psychiatry, University of Cambridge, her key interest in in Well-Being.



From her website; “Working with outstanding colleagues in cognate disciplines (biomedical science, genetics, psychometrics, social science, economics and engineering) she has been able to integrate her work on both well-being and positive ageing with an understanding of underlying physiological mechanisms, gene-environment interactions, and the role of the social context”. We had met to discuss her views on our research which is attempting to produce recommendations for the right ‘diet’ of communications for people in the future.

Her emphasis on Well-Being had interested me and I wanted to learn more. Over lunch at Addenbrooke’s Hospital, where she has her office, we discussed many aspects of modern life and the pressures associated with it.

She asked if I had seen the research on ‘The Five Ways to Well- Being’ . [In 2008 NEF was commissioned by the Government’s Foresight project on Mental Capital and Wellbeing to develop a set of evidence-based actions to improve personal well-being].

You can read the report [here](#) and a summary [here](#) . But essentially they are as follows;

The Five Ways to Well Being.

- 1) Connect...With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.
- 2) Be active...Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.
- 3) Keep learning... Try something new. Rediscover an old interest. Sign up for that course. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving.
- 4) Take notice...Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends.
- 5) Give...Do something nice for a friend, or a stranger. Thank someone. Smile. Join a community group. Volunteer your time.

It perhaps all sounds a little soft - but I can assure you there is a mountain of research behind this - and as a recipe for Well-Being, it works.