

Tuff Fitty and the Five ways to Wellbeing

The Five Ways to Wellbeing have been researched and developed by the New Economics Foundation. In addition to providing a framework for anyone to think about how they might improve their wellbeing and mental health, it is a useful way to think about how the club can continue to support its members through these unsettling times.

The Way to Wellbeing	What are we doing in Tuff Fitty?	What more could we do as a club?
1 Connect	<ul style="list-style-type: none"> • Facebook groups • Whatsapp groups • Tuff Fitty website • Newsletter • Virtual events (eg the Saturday runners quiz night) 	<ul style="list-style-type: none"> • Encourage other groups to hold online quizzes, meetings, events etc? • Make sure we contact members we haven't heard from for a while to make sure they are OK?
2 Be active	<ul style="list-style-type: none"> • Facebook groups (especially Coaches Corner) • WhatsApp groups 	<ul style="list-style-type: none"> • Set a club challenge for members to sign up to (with medals, perhaps)?
3 Take notice	<ul style="list-style-type: none"> • Not always the triathlete's strong point although there has been some great advice shared on Facebook and WhatsApp groups. 	<ul style="list-style-type: none"> • Reminding members that downtime is important? • Encouraging members to take a rest day and go for a walk instead?
4 Keep learning (and take on new challenges)	<ul style="list-style-type: none"> • Coaches corner (including Cooking with Wardy) • Fancy Dress Friday (definitely more of a challenge rather than something to learn about) 	<ul style="list-style-type: none"> • See 2 Be active
5 Give	<p>Lots of examples of altruism across the club including:</p> <ul style="list-style-type: none"> • The time put into running the club by the committee and the coaches • Fund raising (eg through Fancy Fress Friday) • Members who work for the NHS and other essential services • Members who are NHS volunteers 	<ul style="list-style-type: none"> • Share some stories about what our members are doing?