

Wellbeing Toolkit



Welcome to your Wellbeing Toolkit.

Inside you will find tools, hints and tips to support you in thinking of different ways to increase your motivation, help you prioritise what is important to you and learn how to increase your wellbeing one step at a time.

What is wellbeing?

- ✓ Wellbeing is developing a positive state of mind.
- ✓ Wellbeing comes from your thoughts, actions, and experiences — most of which you have control over.
- ✓ Wellbeing is experienced by everyone and can rise and fall throughout the day depending on our mood, our activities and who we talk to.
- ✓ Wellbeing is a resource for daily life and is linked to our lifestyle, where we live, what we do and the people and environment around us.
- ✓ Wellbeing includes our quality of life, and our ability to contribute to the people and world around us.

This short video explains what wellbeing is and gives a quick guide to using the toolkit.



What's inside...

Circles of Control

Focussing on what matters now so we spend our time and energy well

Diary Section

Keep track of your tasks and appointments and how well you feel your day is going

10 Positive Steps

10 examples of how you can boost your wellbeing

Be Proud of Who You Are and What You Can Do

Think about what you are good at and how you can use those skills, abilities and personality traits in different ways (applying for work, developing them at college or using them to volunteer)

Maintaining a Healthy Lifestyle

A range of health and wellbeing apps, *websites, courses and contacts which can help you to increase your wellbeing

Staying Connected

A range of different services to support you to increase your wellbeing

Take a Break

Activities to slow down your busy brain

Your Contacts and Notes

Space for you to keep your notes and doodles

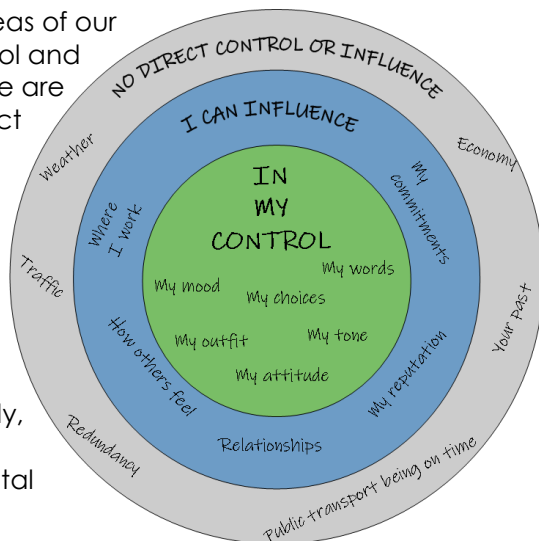
*This toolkit contains **QR (quick response)** codes to allow easy access to websites using a smart phone. If you have a smart phone, you can download a QR Reader app from Google Play or Apple Store.

Don't worry if you don't have access to this, we have provided contact numbers where we can.

How do I focus on what matters to me?

Circles of Control. Most of us have areas of our lives in which we have personal control and influence over, but unfortunately there are other areas in which we have no direct control, and this can cause us real worry and anxiety.

Because of this, it's important to focus our time and energy on those things we **CAN** control. This helps to avoid wasting time and energy on things beyond our control, which can affect our mood negatively, but rather, focus on what we **CAN** control which then increases our mental wellbeing. #ControlTheControllables



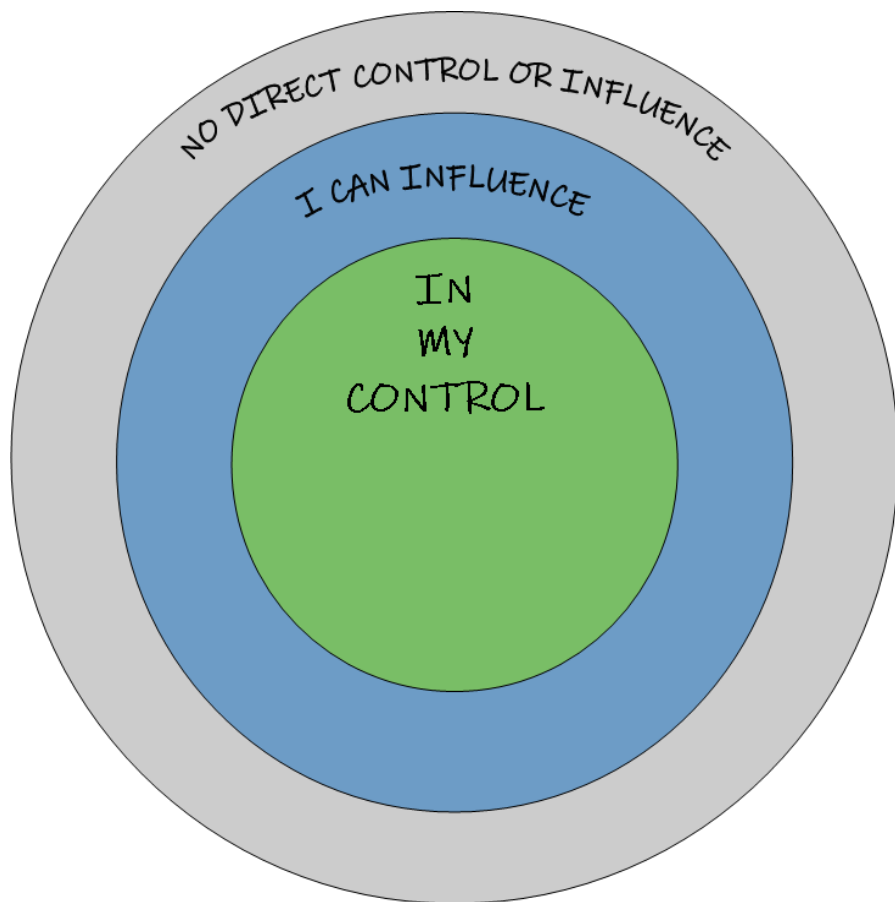
In My Control Circle - Recognising how important our own decisions are in our lives, and how they influence our family, friends and daily routines is vital. So, when we take control through our decision making, and choose carefully where we spend our time and energy, we will increase our circle of control and therefore our mental wellbeing.

Things I Can Influence Circle - Increasing our mental wellbeing can happen when we focus our time and energy on areas in our lives we can influence. We will feel better if our time is spent on areas where we can make a difference.

No Control/Influence Circle - When we use our time and energy on issues we have no control over, we steal time from the things we do have control over. This can also be exhausting and further impact our mental wellbeing. Taking time to think about how we spend our time and energy can help us refocus how we use it to better support our own mental wellbeing.

Draw your own

1. In the outer grey ring list those things that you are concerned about but can't control or influence.
2. In the blue circle list those things you are concerned about, and you can influence.
3. In the centre list those things you have control over right now.



"You may not control all the events that happen to you, but you can decide not to be reduced by them." – Maya Angelou

This diary can be used to keep note of important appointments and to help keep track of your mood.

Although checking in daily is ideal, even weekly mood tracking can give you valuable insights into what makes you happy, mad, sad, content, anxious and a whole host of other emotions.

Using a mood diary, you can monitor the patterns in your life and identify negative influences (or “triggers”) that you should avoid, and early warning signs that your health might be deteriorating. But it can also help you to find the small things, as well as the big, that help you to stay well. It can show you the impact of the positive things you do to improve your wellbeing.

Take a few moments during your day to reflect on your feelings. Circle the emojis that best reflect your current mood and make a brief note of why you feel that way. Referring back to your Circle of Control may also help you manage your mood.

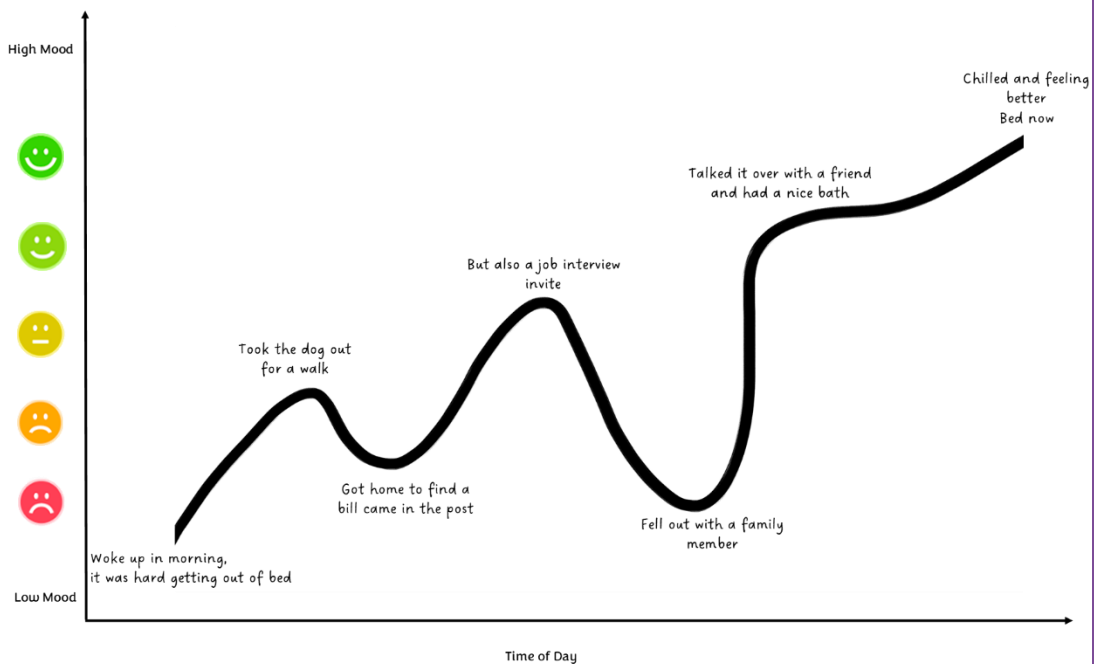
Give it a try. 😊



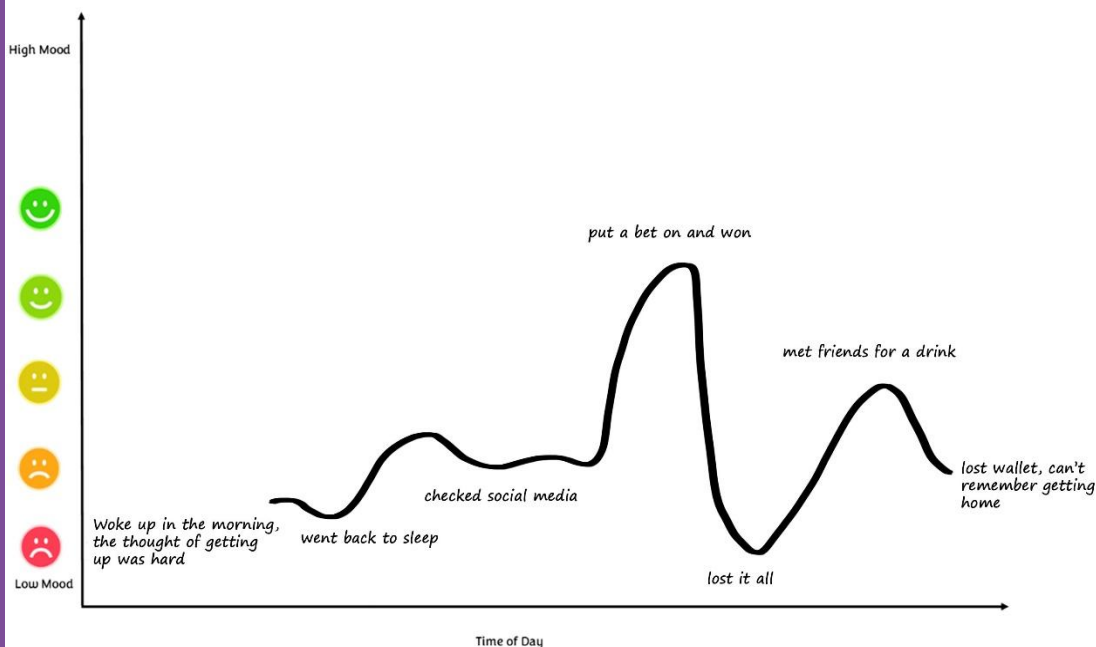
Life is a Rollercoaster

Our mood changes throughout the day. It links to what we are experiencing, how we react to that experience and how we cope with it.

It is normal for our moods to change. Our mental health is not static but always changing and is influenced by a wide range of things, some of which are out of our control. Finding and using coping methods helps to recharge our batteries and improve mood. This image shows an example of things that can affect us negatively and positively.



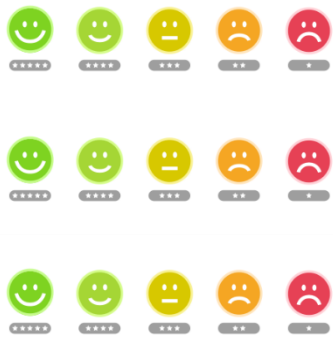
It can be difficult and painful to feel all of your feelings but recognising them and working through them is best in the long run. When you are feeling a bit low, it is sometimes easy to reach for things that either mask your feelings or that provide a temporary buzz to lift your mood.



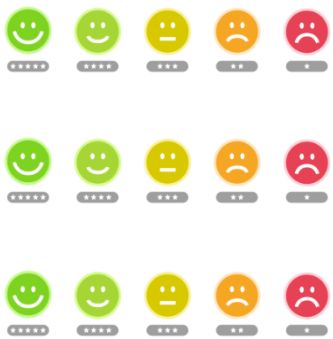
Mapping out your day can help identify things that affect your mood and what you use as coping methods. In the first day these included walking and playing with the dog, speaking to friends, and having a bath. All of these actions had a longer lasting positive affect on mood and the day ended on a high. The day above involved quick 'fixes' that were difficult to maintain and ended with low mood.

Understanding how to positively increase our mood helps us gain more control over how we maintain that positive mood and improve our mental wellbeing.

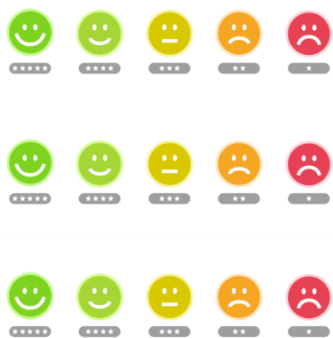
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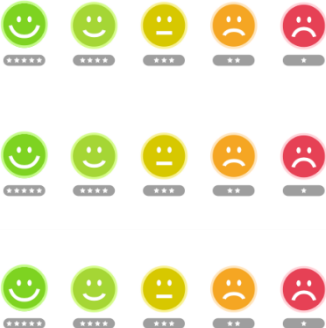
Tuesday



Wednesday



Thursday



Row	Green (Happy)	Yellow (Neutral)	Red (Sad)
1	4	4	3
2	4	4	3
3	4	4	3



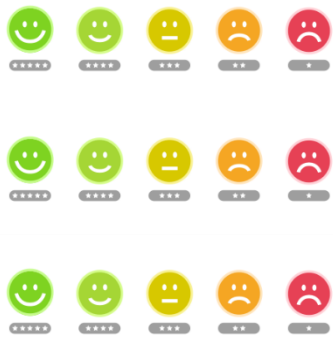
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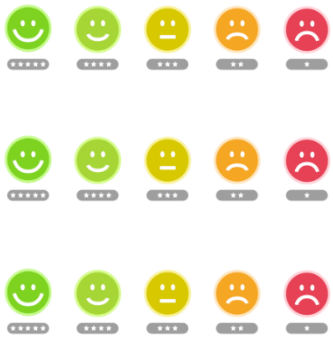
Sentiment	Count
Positive	4
Neutral	3
Negative	2



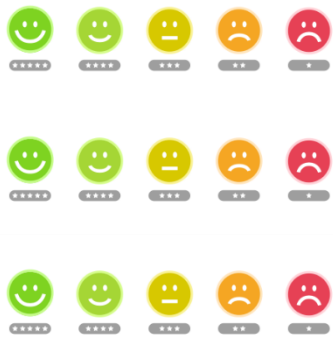
Monday



Tuesday



Wednesday



Thursday

Row	Happy (Green)	Neutral (Yellow)	Sad (Red)
1	4	3	2
2	4	3	2
3	4	3	2



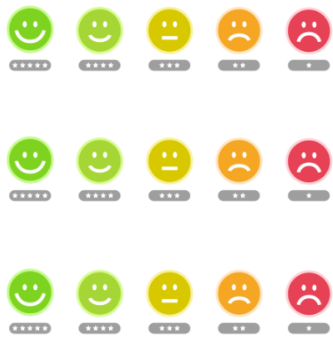
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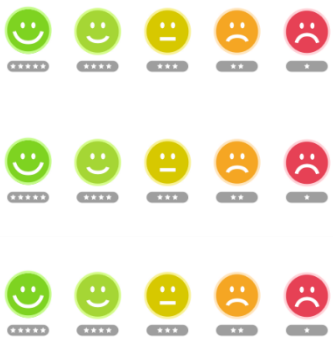
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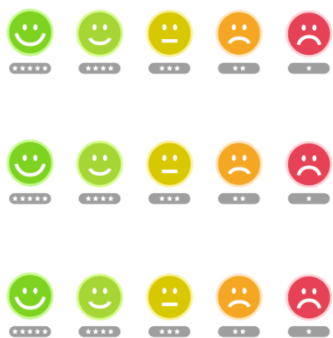
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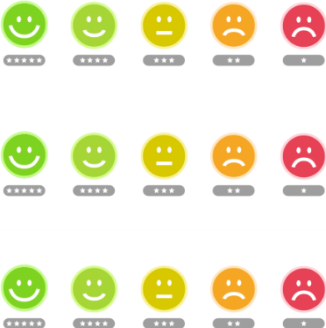
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Wednesday



Thursday



Row	Col	Icon Color	Icon Expression	Score (Dots)
1	1	Green	Happy	5
1	2	Green	Happy	4
1	3	Yellow	Neutral	3
1	4	Orange	Sad	2
1	5	Red	Sad	1
2	1	Green	Happy	5
2	2	Green	Happy	4
2	3	Yellow	Neutral	3
2	4	Orange	Sad	2
2	5	Red	Sad	1
3	1	Green	Happy	5
3	2	Green	Happy	4
3	3	Yellow	Neutral	3
3	4	Orange	Sad	2
3	5	Red	Sad	1



Friday



Sunday



Monday



Tuesday



Wednesday



Thursday

Happy (Green)	Neutral (Yellow)	Sad (Orange)	Very Sad (Red)	
★★★★★	★★★★	★★★	★★	★
★★★★★	★★★★	★★★	★★	★
★★★★★	★★★★	★★★	★★	★



Friday



Saturday

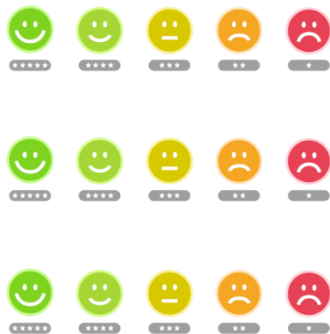
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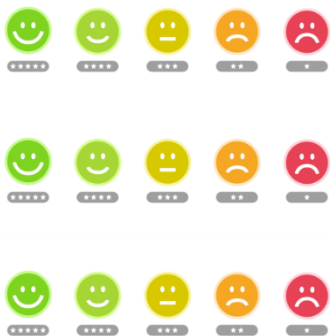
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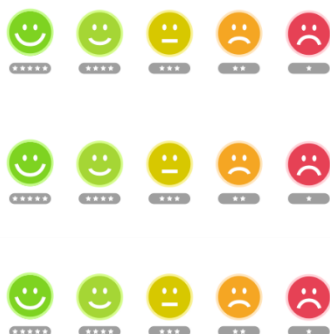
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Wednesday



Thursday



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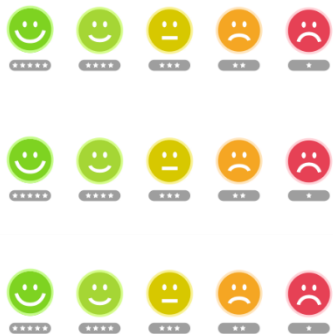
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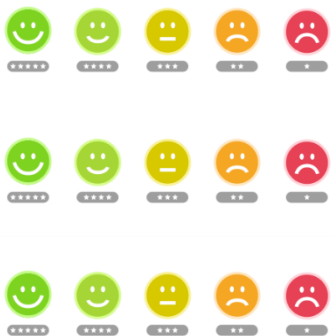
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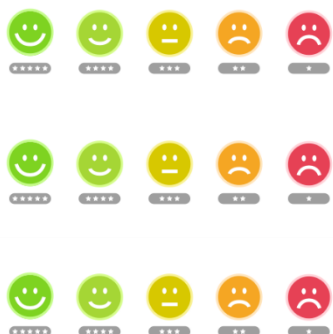
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Tuesday



Wednesday



Thursday

Happy (Green)	Neutral (Yellow)	Sad (Orange)	Very Sad (Red)	
5 stars	4 stars	3 stars	2 stars	1 star
5 stars	4 stars	3 stars	2 stars	1 star
5 stars	4 stars	3 stars	2 stars	1 star



Friday



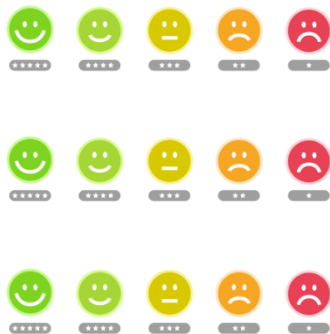
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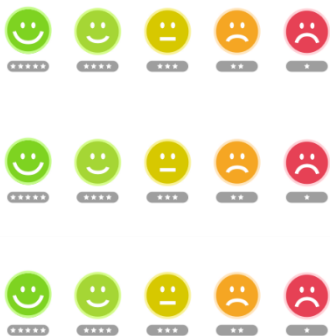
Sentiment	Count
Very Positive	4
Positive	4
Neutral	3
Negative	2
Very Negative	1



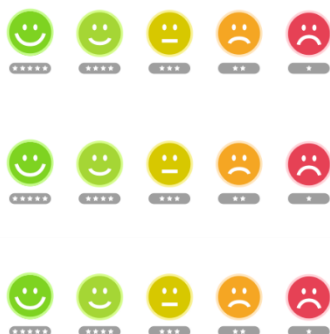
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Tuesday



Wednesday



Thursday

Row	Green (Happy)	Yellow (Neutral)	Red (Sad)
1	5/5	4/5	3/5
2	5/5	4/5	3/5
3	5/5	4/5	3/5



Friday



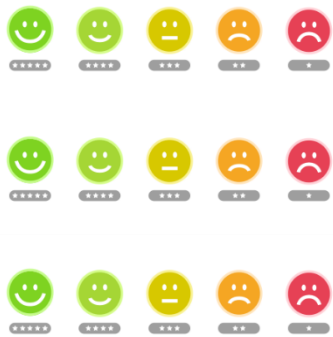
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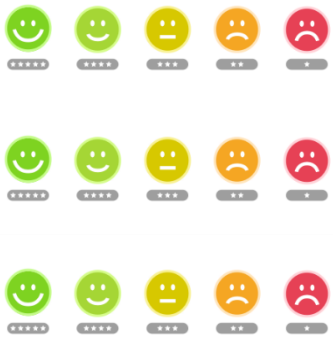
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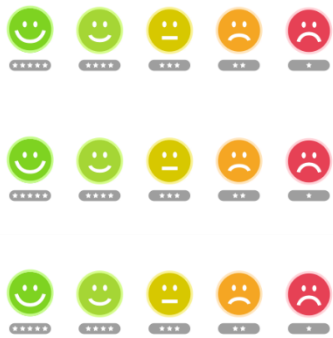
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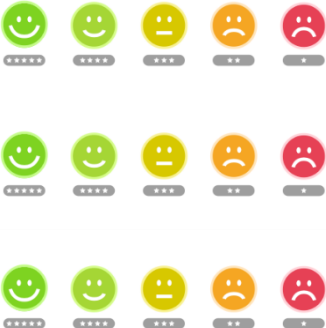
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Wednesday



Thursday



Row	Green (Happy)	Yellow (Neutral)	Red (Sad)
1	4	4	3
2	4	4	3
3	4	4	3



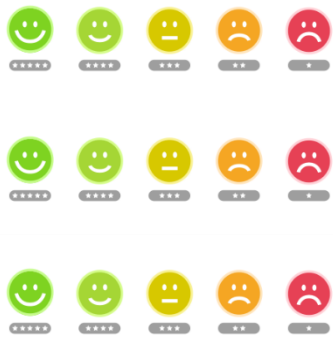
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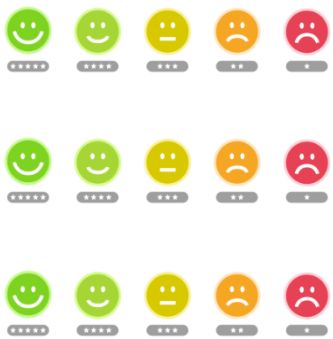
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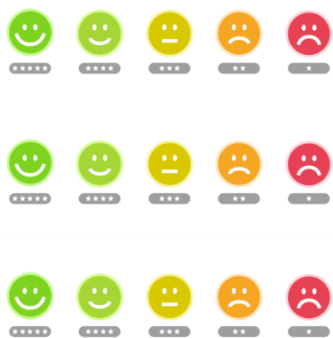
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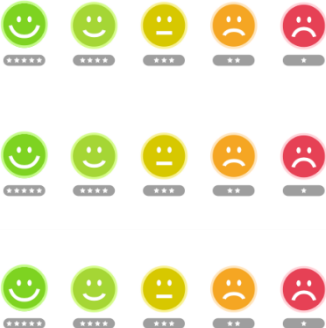
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Wednesday



Thursday



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1	3	Yellow	Neutral	3
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1	5	Red	Sad	1
2	1	Green	Happy	5
2	2	Green	Happy	4
2	3	Yellow	Neutral	3
2	4	Orange	Sad	2
2	5	Red	Sad	1
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3	5	Red	Sad	1



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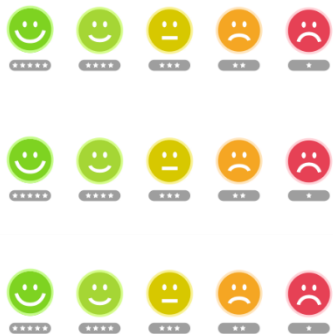
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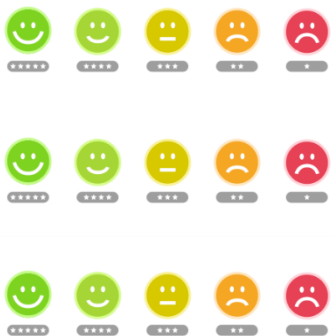
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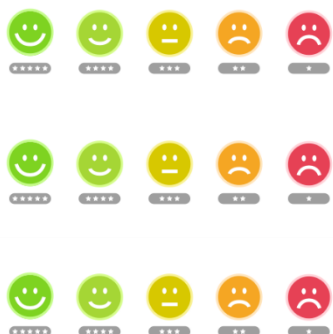
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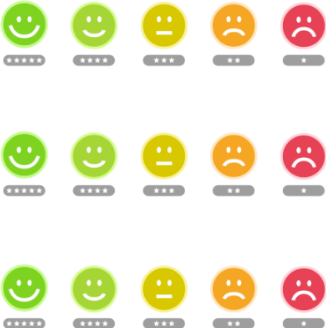
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2	5	Red	Sad	1
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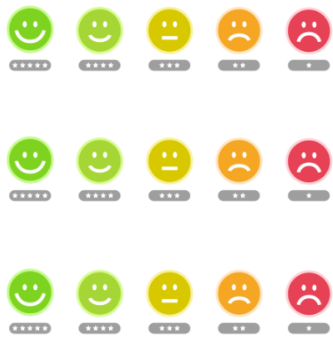
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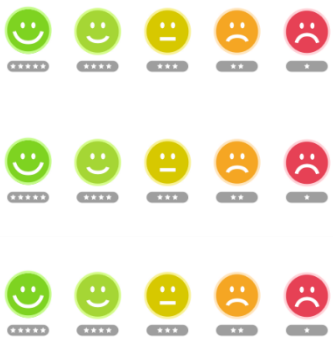
Sentiment	Count
Very Positive	4
Positive	4
Neutral	3
Negative	2
Very Negative	1



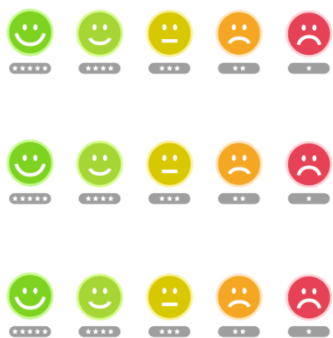
Monday



Tuesday



Wednesday



Thursday

Row	Green (Happy)	Yellow (Neutral)	Orange (Sad)	Red (Very Sad)
1	4/5	4/5	3/5	2/5
2	4/5	4/5	3/5	2/5
3	4/5	4/5	3/5	2/5



Friday



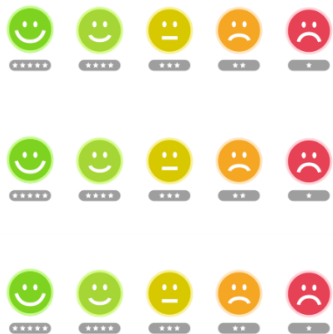
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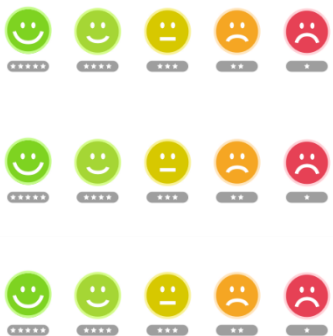
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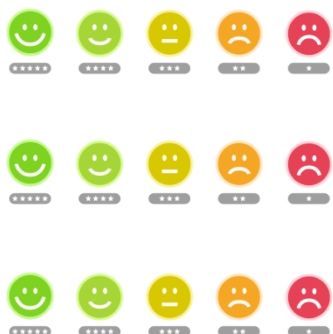
Monday



Tuesday



Wednesday



Thursday

Happy (Green)	Neutral (Yellow)	Sad (Red)
5 stars	3 stars	1 star
5 stars	3 stars	1 star
5 stars	3 stars	1 star



Friday



Saturday



Sunday



It's worth looking back over your week/fortnight to see how you scored yourself in the morning, afternoon and evening using the mood emojis.



If you notice your days are mostly red/orange and you feel low, there is help available. Speak to your GP or contact any of the following:

Samaritans : **116 123** (24 hours)

Breathing Space : **0800 86 85 87**

SHOUT Texting Service : text "FIFE" to **85258** (24 hours)



If you find you spend long periods of time feeling a bit numb or flat, then moving your body can really help. Exercise might be the last thing on your mind but when we connect with our body we release hormones which help lift mood – playing some music and having a dance works wonders as well as more gentle exercise like going for a walk. Walking somewhere green, even if it's just the local park, for five minutes helps improve our sense of wellbeing and lower our risk of mental illness. We feel better when we connect with nature. This toolkit will provide you with lots of different ways to take control of your feelings and improve your wellbeing.



If you notice that your days are mostly green, fab... this resource could help you maintain this.

Exploring different types of support might be something you feel able to do at less difficult times. There's no wrong order to try things in – different things work for different people at different times.

10 Positive Steps

The Mental Health Foundation identified **10 Positive Steps** that people can take to look after and improve their wellbeing. For example, **accepting who you are** and **doing something you are good at** can help achieve a positive sense of self. **Eating well, drinking sensibly and keeping active** will all contribute to good physical health.

Keeping in touch and **caring for others** can promote social skills, kindness and improve attachment to those close to us, and **taking a break, asking for help** and **talking about feelings** will help break down barriers and stigma, help you think about yourself and seek support when you need it.

We have included the 10 positive steps tool to help you think about what you would like to focus on to improve your wellbeing. However you may have things completely different from the 10 listed here which you feel are more important. We have provided a blank copy for you to include these.

Think about these 3 questions to help you work through where you want to get to:

- ⇒ **What do I currently do that I would like to change?**
- ⇒ **What do I want the future to look like?**
- ⇒ **What steps do I need to take to overcome any difficulties?**

The 10 positive steps...



Adapted from the Mental Health Foundation 'How to look after your mental health' campaign 2007

Positive steps for
mental health

What do I currently do
that I would like to change?

What do I want the future to look like?

What steps do I need to take to
overcome any difficulties?

Drink sensibly

Do something
I'm good at

Accept who I am

Talk about my
feelings

Ask for help

The 10 positive steps...

Adapted from the Mental Health Foundation 'How to look after your mental health' campaign 2007

Positive steps for
mental health

What do I currently do
that I would like to change?

What do I want the future to look like?

What steps do I need to take to
overcome any difficulties?

Keep active

Take a break

Care for others

Keep in touch

Eat well

The 10 positive steps...



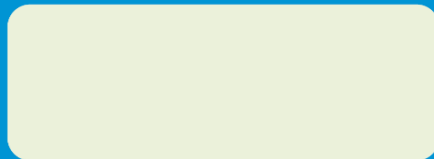
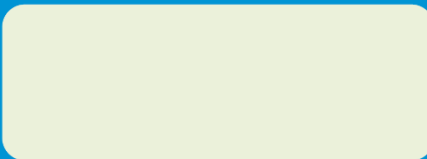
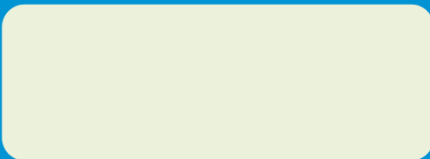
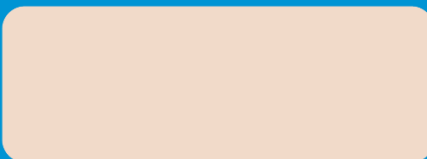
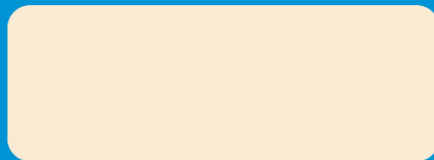
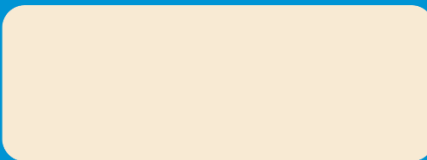
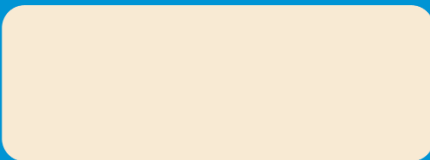
Adapted from the Mental Health Foundation 'How to look after your mental health' campaign 2007

Positive steps for
mental health

What do I currently do
that I would like to change?

What do I want the future to look like?

What steps do I need to take to
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The 10 positive steps...

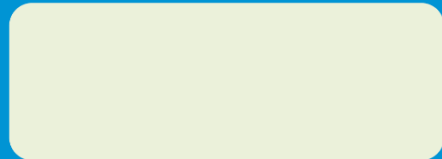
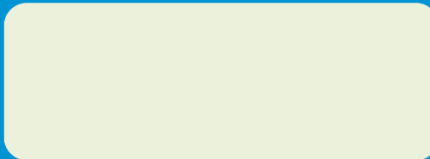
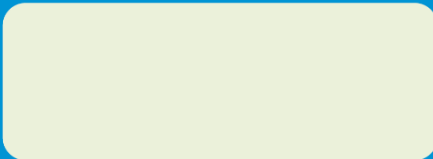
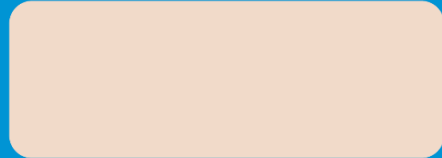
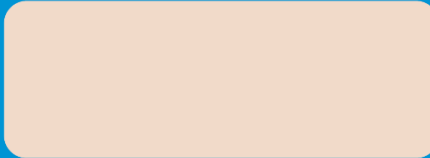
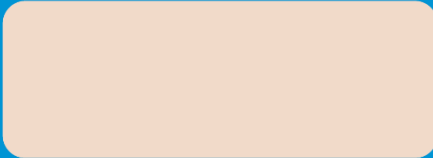
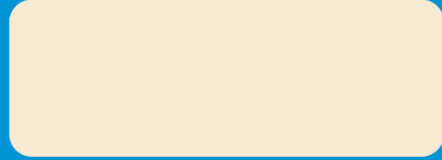
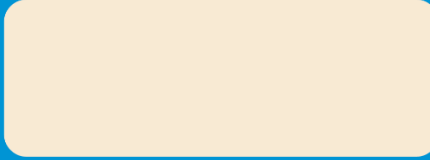
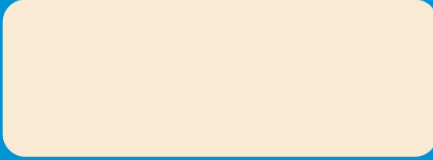
Adapted from the Mental Health Foundation 'How to look after your mental health' campaign 2007

Positive steps for
mental health

What do I currently do
that I would like to change?

What do I want the future to look like?

What steps do I need to take to
overcome any difficulties?



Be Proud of Who You Are and What You Can Do

Transferable skills are those you've developed and picked up over time, at work and through home and relationships; it could be from hobbies or practical training and qualifications that prove you have done the work to achieve them, and it is essential you use all the resources you have at your disposal.

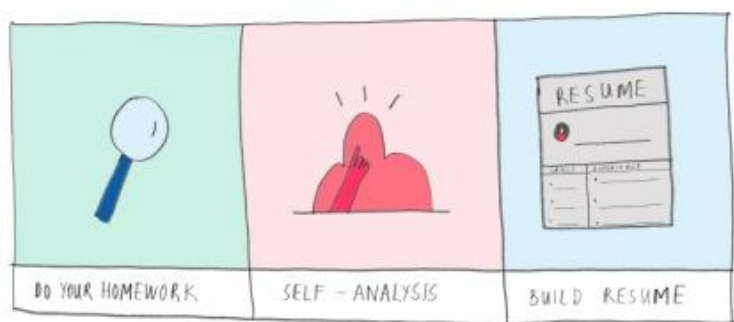
Resources are anything you can use – not just physical things like money, but soft skills too like empathy and compassion, research skills or proof reading - attention to detail for example.

It can sometimes be tricky to think of what skills we actually have – and it's surprising to see just what we can tick off!



You can use the list over the page to help identify what you have and highlight what you may need in future – but remember they won't all be applicable to you, and that's OK, we are all different and have different ways of approaching things.

Here's how you can shortlist transferable skills and tailor them to the job you're applying for:



Do your homework - Study the job advertisement and understand the expectations from the role.

Do a self analysis – think about your life and work skills, use the checklist on the next page to help identify these.

Add it to your CV or application – stating your transferrable skills is the most important part of the application process.

Get blowing that trumpet!



My Skills and Qualities

Meet deadlines	<input type="checkbox"/>	Compassionate	<input type="checkbox"/>
Results oriented	<input type="checkbox"/>	Team player	<input type="checkbox"/>
Organise & plan	<input type="checkbox"/>	Artistic	<input type="checkbox"/>
Supervise others	<input type="checkbox"/>	Motivate others	<input type="checkbox"/>
Manage resources	<input type="checkbox"/>	Listen	<input type="checkbox"/>
Instruct others	<input type="checkbox"/>	Organise people	<input type="checkbox"/>
Drive vehicles	<input type="checkbox"/>	Musical	<input type="checkbox"/>
Tactful	<input type="checkbox"/>	Outgoing	<input type="checkbox"/>
Self motivated	<input type="checkbox"/>	Meet the public	<input type="checkbox"/>
Problem solver	<input type="checkbox"/>	Patient	<input type="checkbox"/>
Adaptable/flexible	<input type="checkbox"/>	Support others	<input type="checkbox"/>
Accept responsibility	<input type="checkbox"/>	Reflective	<input type="checkbox"/>
Desire to learn & improve	<input type="checkbox"/>	Tolerant	<input type="checkbox"/>
Time management	<input type="checkbox"/>	Dance & movement	<input type="checkbox"/>
Manage money/budget	<input type="checkbox"/>	Good communicator	<input type="checkbox"/>
Work independently	<input type="checkbox"/>	Kind	<input type="checkbox"/>
High energy	<input type="checkbox"/>	Mediator	<input type="checkbox"/>
Ability to delegate	<input type="checkbox"/>	Can take instruction	<input type="checkbox"/>
Research	<input type="checkbox"/>	Caring	<input type="checkbox"/>
Creative thinking	<input type="checkbox"/>	Independent	<input type="checkbox"/>
IT skills	<input type="checkbox"/>	Social Media savvy	<input type="checkbox"/>
Manual labour	<input type="checkbox"/>	Empathic	<input type="checkbox"/>
Big picture thinker	<input type="checkbox"/>	Persuasive	<input type="checkbox"/>
Detail oriented	<input type="checkbox"/>	Inspire others	<input type="checkbox"/>

Positive Personality Traits

Putting a positive twist on seemingly negative traits can literally change everything.

turn Negative Labels	into Positive Affirmations
Demanding.....	Decisive
Insisting.....	Determined
Stubborn.....	Persistent
Cocky.....	Confident
Bossy.....	A leader
Fixated.....	Committed
Rebellious.....	Non-conforming
Defiant.....	Bold
Obsessive.....	Orderly
Explosive.....	Passionate
Quiet.....	Thoughtful
Rigid.....	Precise
Fearful.....	Cautious
Hyper.....	Energetic
Impatient.....	Eager
Sensitive.....	Tuned in to Emotions

Increasing Skills and Experience

Increasing your skills and experience will not only make you more desirable to potential employers but will provide you with a sense of achievement and overall wellbeing. There are a number of ways to go about this.

Adult Basic Education: (ABE) offers free learning for young people and adults over the age of 16 in Fife, who want to develop their skills in reading, writing, numbers and ICT (Information and Communications Technology).

Learners can also work towards an SQA qualification at Levels 3 and 4. Learning takes place in small groups and is based around a learner's goals and interests.

For more information call **0800 783 5161**

Adult and Community Learning: Across Fife, a wide range of lifelong learning opportunities are available in many locations, including libraries, local community and learning centres, and community-use schools and colleges.

You may wish to get formal qualifications, to develop a personal interest or hobby, to learn new skills or brush up on old ones, or you may wish to learn just for fun.

This QR link will take you to Fife Council's **Community Use** pages where you will find information on activities, classes and venues.



Further Education: Fife College aims to transform the lives of students through inspirational learning and teaching, helping to develop their full potential with life enhancing skills, knowledge, experience and resilience that will shape their future success.

They provide full-time and part-time courses. An A-Z list of courses can be found using this QR link.



Skills Development Scotland (SDS)

SDS offer free career coaching services to anyone of any age and can support with identifying skills and strengths, overcoming barriers to employment, planning next career steps and putting together CVs and application forms. We also offer specific support to those facing redundancy.



Step into Volunteering: Volunteering has been proven to help alleviate feelings of loneliness and better our mental health and wellbeing through getting people out and about, connecting them with new people and new communities, acquiring new skills, and, most importantly, having fun!

The **Fife Voluntary Action** team are volunteering experts and love helping people of all ages and backgrounds to become volunteers.

This QR link will take you to their volunteering page where you can get information on opportunities available and how to start your volunteering journey.



Application form - Section B

When applying for a Premier or Super card, please ensure that you show proof of address, age and entitlement e.g. letter of award.

Premier

- | | |
|-----------------------------------------------------------------------------|------------|
| <input type="checkbox"/> Income Support | Office use |
| <input type="checkbox"/> Employment & Support Allowance - Income Based | |
| <input type="checkbox"/> Pension Credit | |
| <input type="checkbox"/> Disabled Persons Tax Credit | |
| <input type="checkbox"/> Council Tax Rebate - not single person's allowance | |
| <input type="checkbox"/> Working Tax Credit | |
| <input type="checkbox"/> Universal Credit | |
| - Not in work or take home pay less than £810 per month | |

Super

- | | |
|------------------------------------------------------------------------------|------|
| <input type="checkbox"/> Individual with a disability (under 18s no charge) | |
| Personal Independent Payment (PIP) | |
| Disability Living Allowance (Care or Mobility) | |
| <input type="checkbox"/> Employment & Support Allowance - Contribution Based | |
| <input type="checkbox"/> Industrial Injuries Disablement Benefit | |
| <input type="checkbox"/> Carers Allowance | |
| <input type="checkbox"/> Job Seeker Allowance - Contribution Based | |
| <input type="checkbox"/> Full time students | |
| <input type="checkbox"/> 63 years or over and not in work | |
- I certify that I am 63 years or over and not in work

Signature: _____

Send by email

Terms & conditions

1. Fife Council reserves the right to amend Fifestyle at any time.
2. Fife Council reserves the right to reject an application.
3. No refunds will be given.
4. Upgrades and changes to Fifestyle categories are at discretion of Fife Council.
5. Students who receive pay from a sponsor e.g. research students are not eligible.
6. Discounts may not apply to already reduced activities.
7. Discounts will only be given if a valid Fifestyle card is produced.
8. Access may be restricted during seasonal holidays and maintenance closures.
9. Concessionary entitlement is granted only to the Fifestyle cardholder.
10. Information correct at time of print.
11. Discounts may be subject to change.
12. Discounts not applicable to block bookings.

Data Protection

Please visit www.fifedirect.org.uk/privacy for information related to the General Data Protection Regulation (GDPR) guidelines.

For further information

Write to: Fife Council Communities & Neighbourhoods Service, Rothsay House, Rothsay Place, Glenrothes, Fife KY7 5PQ

email: enquiries.communityuse@fife.gov.uk
www.fifedirect.org.uk/fifestyle



fifestyle
application form



Published May 2020

www.fifedirect.org.uk/fifestyle

Office use only

Paid:	<input type="text"/>	Card No:	<input type="text"/>
Category:	<input type="text"/>	Expiry date:	<input type="text"/>
Certified by:	<input type="text"/>	Issued by:	<input type="text"/>
Renewal:	<input type="text"/> Yes / No	Previous card No:	<input type="text"/>

Fifstyle is Fife Council's concession card scheme offering families and individuals discounts to various Fife Council services. A Bonus card is available for people who are not entitled to a concession.

Where can I use my Fifestyle card?

The Fifestyle card can be used to receive discounts at:



as well as Community Centres, Disability Sport Fife, Library Events, Lochore Meadows, Lomond Centre, Parks, Sports Development and Fife Cycle Park.

What discounts can I receive?

There are three Fifestyle card categories:

Premier & Super

Discounts of up to 50% are available to Premier and Super cardholders. See Section B on the application form for qualifying criteria.

Bonus

The Bonus card is available for anyone who does not qualify for a Premier or Super card or resides outside Fife. Bonus cardholders can receive discounts of up to 10%.

Please note, Fifestyle discounts may vary across Council services.

Who can apply?

Anyone can apply. To be eligible for a Super or Premier card you must be a Fife resident.

How do I apply or renew?

Complete the tear off application form on this leaflet and take it to a main Library, Community Use School (a full list can be found on our website: www.fifedirect.org.uk/fifestyle).

You will need to show current proof of eligible benefits e.g. your letter of award, one passport sized photograph and the membership fee if appropriate.

How much does Fifestyle cost?

Annual fee

Premier	No cost
Premier family	No cost
Super	£5.00 per card
Bonus	£10.00 per card
Bonus family	£20.00
Bonus junior	£5.00 per card
Replacement card	£1.00 per card

A family application may be made under the Premier and Bonus categories. A family is defined as up to two adults plus dependant children under 18 years of age. One application form must be completed for each member of the family who require a Fifestyle card. Children five years and over are entitled to their own Fifestyle card. Children under five years will be registered on the main adult's card.

How long is Fifestyle valid?

Your Fifestyle card is valid for one year from the date of issue.

Application form - Section A

Please complete in ink using capitals

☐ Mr ☐ Mrs ☐ Miss ☐ Ms

Name:

Address:

Postcode:

D.O.B:

Home tel:

Mobile:

Email:

☐ Please tick if you would like to receive further information including special offers from Fife Council. Details of Fife Council's Privacy Notice and how we collect and use personal information are available at www.fifedirect.org.uk/privacy

Signature

Fifestyle category

Please tick the category you are applying for:

Premier

Premier Family

Super

Bonus

Bonus Family

Replacement

Maintaining a Healthy Lifestyle – QR Web Links

Access therapies - Assertiveness

This two-hour online course provides you with the opportunity to learn what it means to be assertive and ways to become more assertive in your daily life.



Access therapies – Sleep Well

Sleep Well is a two-hour online course that provides you with knowledge and strategies to help reduce sleep problems and improve your sleep quality.



Alcohol

Information for people looking to learn more about the risks associated with alcohol use.



Bums off Seats – 01383 602393

Free local health walking opportunities in Fife.



Clear Your Head

Simple ideas to try to help you cope better.



#controlthecontrollables

A series of short videos to help you understand some of the complexities around suicide and how to access support.



Couch to 5K

NHS Couch to 5K will help you gradually work up to running 5km in just 9 weeks.



Feed your Mind Podcasts

Podcast series of little bursts of information on topics addressing food as a player in overall wellbeing and mental health.



Food and Health

Nutrition and Clinical Dietetics service with specialist dietitians.



Gambling

The Health Promotion Team aims to raise awareness about gambling and the related associated harms to all age groups.



Things to Try

For parents and carers, Things to Try provides help and advice for supporting children and young people's mental health and emotional wellbeing.



Mind to Mind Videos

If you're feeling anxious, stressed, or low or having problems sleeping or dealing with grief.



Steps to Deal with Stress

Advice on dealing with stress.



Stop Smoking – 0800 025 3000

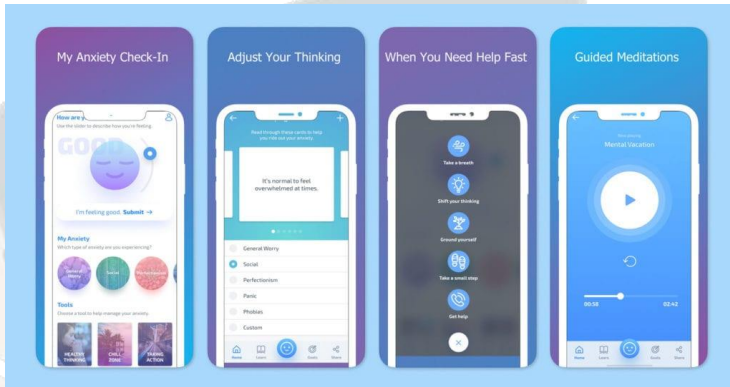
Supporting smokers to quit.



Maintaining a Healthy Lifestyle – Mobile Apps

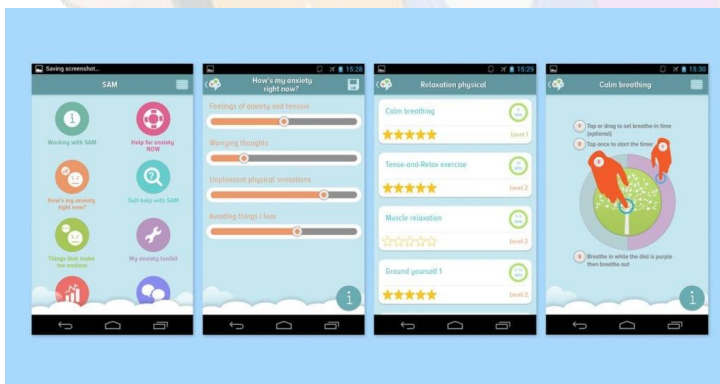
MindShift

A mental health app designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations.



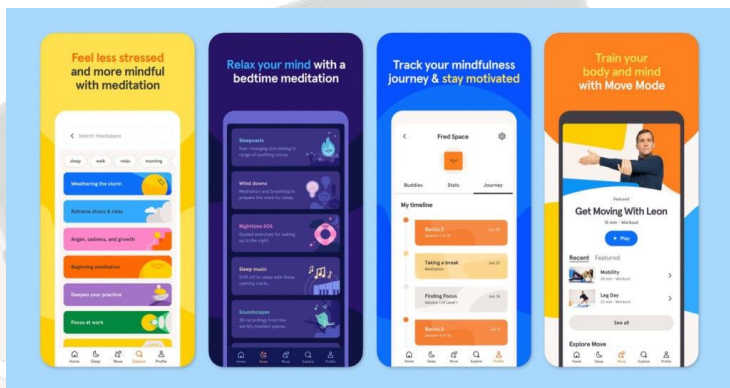
Self-help App for the Mind (SAM)

If you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



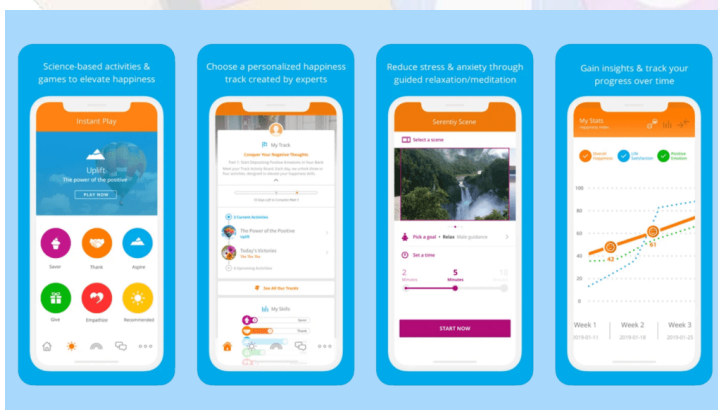
Happify

Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



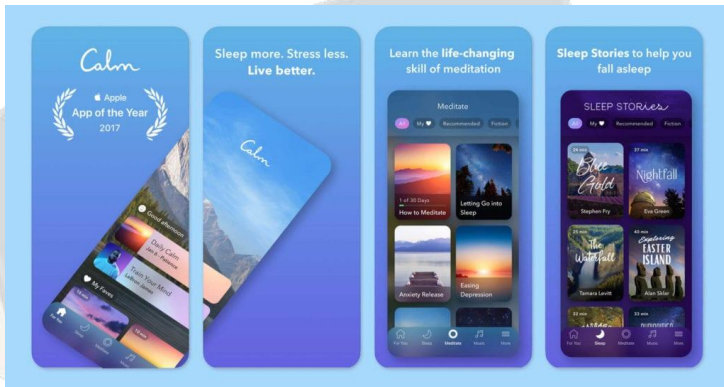
Headspace

The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy "get some headspace" reminder to encourage you to keep practicing each day.



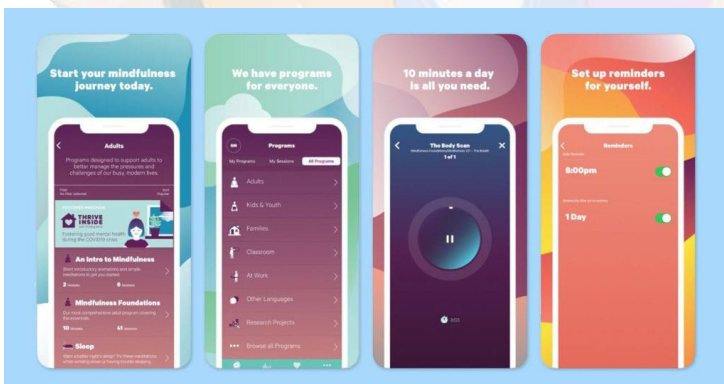
Calm

Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.



Smiling Mind

A way to practice daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. This is really helpful during times of stress and is a fun and unique way to help you put a smile on your mind.



Staying Connected – QR Web Links and Contacts

CARF

Citizens Advice and Rights fife (CARF) is an independent charity that provides free, confidential, expert advice to help you resolve your problems – no matter what these are.



Community Support Line – 0800 9520330

If you are unable to access information online, Fife Council staff will be able to assist with support or set up a cost of living appointment for you to speak to someone direct.



Cosy Kingdom – 01592 807930

Cosy Kingdom is a free and impartial energy and debt advice service available to all tenants and homeowners across Fife.



Fife Council Job Clubs and Welfare Support

Community job clubs provide a space where people can get access to a PC to undertake job searches, create and develop CVs and apply for jobs. Our staff will be able to offer advice on most aspects of searching and applying for work.



Fife Council Supported Employment

A free and confidential employment support service for people living in Fife with disabilities or health issues.



Fife Forum – Making Community Connections in Fife

Voluntary Sector Advice and Information Agency that provides information and advice on issues that affect older people and some adults.



Library Services – OnFife

Offering a wide range of activities, from reading groups to Bookbug sessions. You can select books, use public access PCs and other offerings such as photocopying and printing.



Mood Café

Promoting Mental Health from Fife. Information and resources to help you understand and improve your mental health.



#NoWrongPath – DYW Scotland

Aims to demonstrate that many people in interesting job roles across Scotland may not have taken a straight, obvious or traditional path to get there – that there is #NoWrongPath.



On Your Doorstep Fife

Fife Health and Social Care Partnership's community website holds information about care providers, clubs, organisations, groups and activities that are locally available in Fife.



Social Security Scotland – 0800 1822222

Information on benefits including Job Start payment for 16-24 year olds.



The Well – 03451 551500

The Well is a drop-in facility which allows you to speak to Health and Social Care professionals and discuss what's important to you regarding your health and wellbeing.



Take a break

Puzzles can help refocus your mind by requiring you to use your problem-solving skills and creativity. This means they can help distract you from stressful situations.

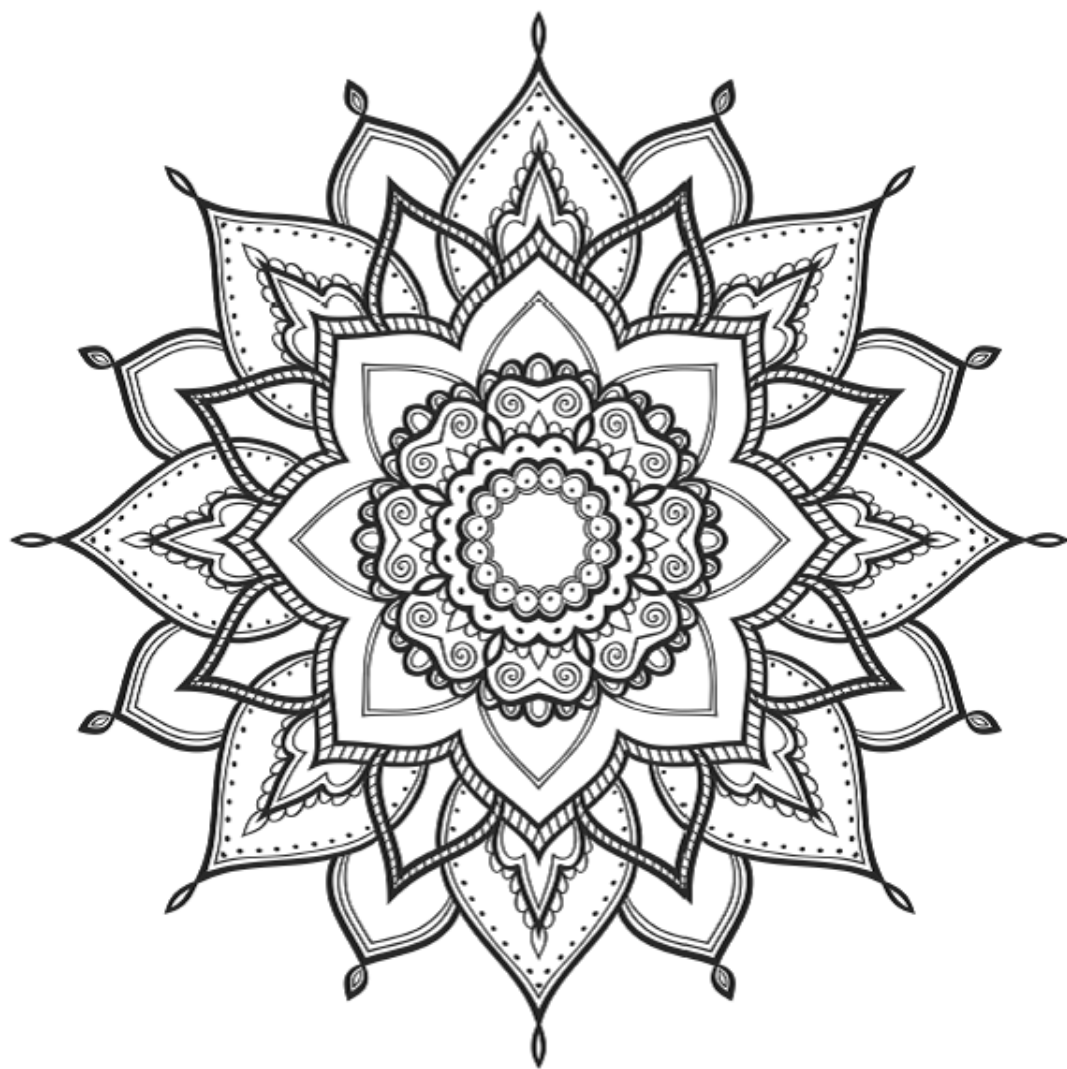
Colouring in is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and tiredness while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

Taking 5 minutes out of your day to pop the kettle on and complete one of these activities will provide lots of wellbeing benefits.

Wordsearch



BUDGETING CARING COMMUNICATE FLEXIBLE KIND LISTENING
MUSICAL OPTIMISTIC ORGANISED TOLERANT



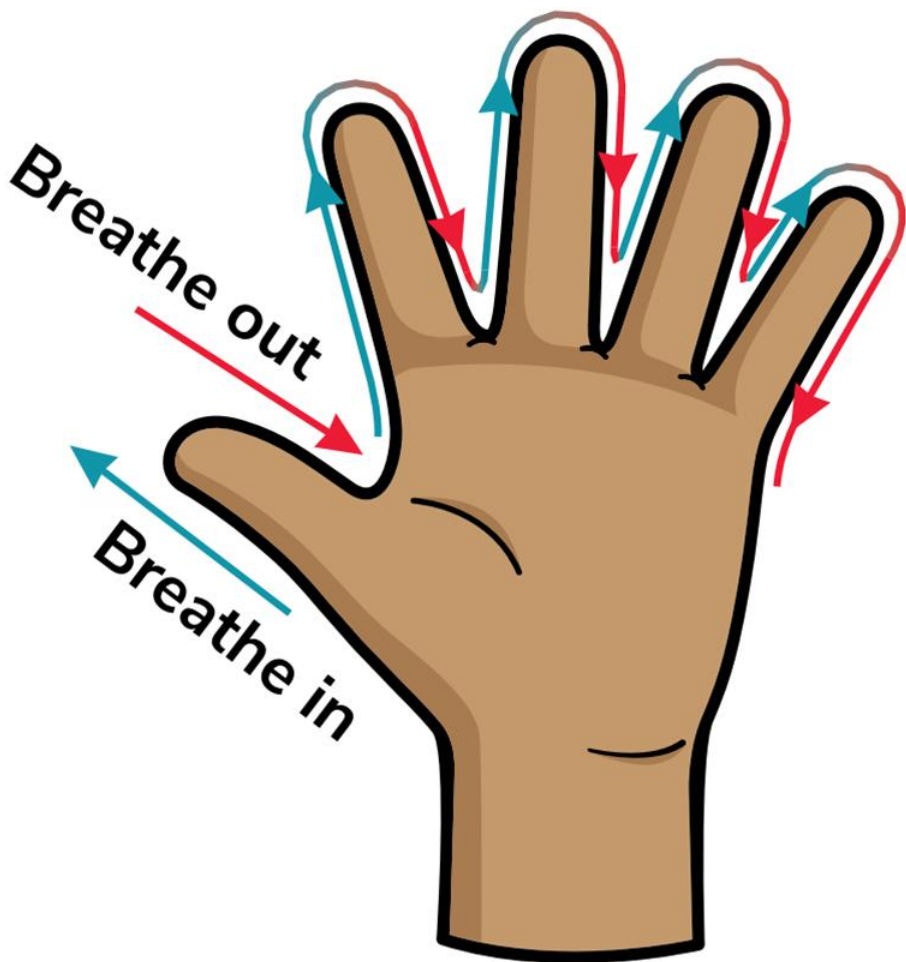


Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out – do this several times.



You can use this technique when out and about by tracing around your fingers... start at the base of your thumb and slowly trace up and over... breathe in... breathe out.



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Wordsearch Answers



BUDGETING CARING COMMUNICATE FLEXIBLE KIND LISTENING
MUSICAL OPTIMISTIC ORGANISED TOLERANT

My Contacts

Name:	Notes:
Phone:	
Email:	

Name:	Notes:
Phone:	
Email:	

Name:	Notes:
Phone:	
Email:	

Name:	Notes:
Phone:	
Email:	

Name:	Notes:
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Space for thoughts and doodles...



Please share your thoughts on this toolkit by completing this
quick evaluation
Paper copies provided in pack



Developed by

- Brag Enterprises Ltd
- DWP (Department of Work & Pensions)
- Fife Council Job Club
- FVA (Fife Voluntary Action)
- CARF (Citizens Advice & Rights Fife)
- Fife College
- Fife Health & Social Care Partnership Health Promotion
- The Salvation Army
- Skills Development Scotland
- Criminal Justice Service
- FEAT (Fife Employment Access Trust)
- Fife Lived Experience Team
- Triage Central

With thanks to everyone involved in helping this resource to grow

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number **0780 580 0005** is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife.equalityandhumanrights@nhs.scot or phone **01592 729130**.

We review our resources frequently to ensure information is accurate and up to date. If you experience any difficulties with the content, please get in touch: fife.infocentre@nhs.scot

