

# A referral letter for Wellbeing on Prescription.



## What happens next?

### You will get an appointment with your Wellbeing coach.

You discussed with your referrer how the appointment will be made. There are two options:

- The Wellbeing coach will contact you
- You will contact the Wellbeing coach by calling or emailing. The referrer will have given you the telephone number or email address.

During the first appointment with the Wellbeing coach, you will get to know each other. With your coach you will also discuss, in one or several appointments, what you would like to do.

Together, the Wellbeing coach and you will then look for an activity that suits you

Once you know what you want to do, the coach will also help you sign up for the activity. If you would like, it is also possible for the coach to accompany you when you go to the activity for the first time. The Wellbeing coach is there to help and guide you.

## Want to know more? Visit:

[welzijnopreceptamsterdam.nl](http://welzijnopreceptamsterdam.nl)



# Wellbeing on Prescription

Attention and activities as medicine

Wellbeing on Prescription is an initiative of the City of Amsterdam, executed by:



You received a referral letter for Wellbeing on Prescription from your General Practitioner or another health care institution. This flyer explains what happens next.

## What is Wellbeing on Prescription?

Do you have physical complaints, or do you suffer from depression, stress or anxiety? And would you like to do something about that, but you do not know how?

Wellbeing on Prescription is there to help you.

By doing something that you enjoy and are good at, you will start to feel better. You can meet new people or pick up an old or new hobby.

Sometimes it is difficult to get things started on your own. A Wellbeing coach can help you! Together with the Wellbeing coach you will explore and discuss what you would like to do.

The Wellbeing coach knows what is going on in your neighbourhood and will help you find an activity that suits you.



## What activities are there?

There are many different kinds of activities in Amsterdam. From cooking, gardening and singing, to book clubs, museum visits, exercising or dancing. Listed below are a few examples. Together with your Wellbeing coach, you will discuss what kind of activities you would like to engage in. There is always an activity that suits you!



### Sports and exercise

Exercising is important for people. Regular exercise is not only good for the body, it also makes people mentally stronger and more resilient. For example: a walking or cycling club, cardiovascular exercise, going to a gym, or light exercise.



### Body and mind

Our body and mind work together. That is why it is important to pay sufficient attention to both of them. For example through Yoga, Thai Chi, or a mindfulness course.



### Art and culture

By looking at art and listening to music, or by creating something yourself, you can start to feel better. For example by making music or going to a museum, concert or the theater together with someone else. Or by taking a drawing or painting course.



### Discover and do

A lot of people feel happier when they learn something new. By taking a computer or language course for example, or by joining a book club or choir.



### Tasty encounters

Preparing and / or eating a meal together with others, is something that brings great joy to many people. Examples of activities are: joining a food club or cooking café, or enjoying a meal together with neighbours.



### The Power of nature

Being out in nature revitalizes a lot of people. Think of a walk in the park, or gardening (vegetables) in the neighbourhood.



### Buddies / volunteering

Doing something for someone else, makes people feel better. The Well-being coach will help you find suitable volunteer work. A buddy – someone who will take you out regularly – might be a solution if (group) activities are still a bit too much.