

# Evidence based wellbeing interventions

Be Well Co developed a guide for Beyond Blue 'what works for wellbeing', which spotlights more than 20 interventions that have strong evidence for improving a person's mental wellbeing.

Each intervention in this guide is rated based on the strength of its evidence and what the research indicates about its effectiveness.

## WELLBEING INTERVENTIONS

Acceptance and commitment therapy



Art interventions



Cognitive therapy (CT) and cognitive behavioural therapy (CBT)



Compassion interventions



Dance interventions



Expressive writing interventions



Forgiveness interventions



Gardening interventions



Life coaching interventions



Leisure-based interventions



Mindfulness interventions



Nature-based interventions



Nutrition and diet interventions



Reminiscence interventions



Physical activity interventions



Positive psychological interventions (PPIs): multi component



Psycho-educational interventions



Pro-social interventions



Social support interventions



Social prescribing



Yoga interventions



## Evidence Quality Ratings



There are three or more systematic reviews, including at least one meta-analysis, showing that the intervention improves mental wellbeing.



There are two or more systematic reviews showing that the intervention improves mental wellbeing.



There is one systematic review showing that the Intervention improves mental wellbeing.



Although the systematic reviews on the topic had inconclusive results, at least 2 high-quality studies indicate that there is emerging evidence that the intervention improves .