

# Five Ways to Mental Wellbeing

Research has shown that doing five simple actions on a regular basis can improve our mental wellbeing. We all need to protect our mental health and build our own resilience and the 'Five Ways to Mental Wellbeing' can help us to do that.

## Connect... with the people around you

Think of your connections with people as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

- Join a club.
- Talk to someone instead of sending an email.
- Speak to someone new.
- Ask how someone's weekend was and really listen to what they tell you.
- Put five minutes aside to find out how someone really is.
- Hold a 'tea and talk' for the team at work.
- Give a colleague a lift to work or share the journey home with them.

## Be active... exercising makes you feel good

Discover a physical activity you enjoy; one that suits your level of mobility and fitness.

- Go for a walk or run at lunchtime or after work.
- Take up a new physical activity, such as swimming or cycling.
- Take a dance class.
- Take the stairs instead of the lift.
- Take the kids to the park after school.

## Take notice... be curious

Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Reflecting on your experiences will help you appreciate what matters to you.

- Practise meditation.
- Get a plant for your workspace.
- Have a 'clear the clutter' day.
- Take a different route on your journey.
- Visit a new place for lunch.

## Keep learning... set a challenge you will enjoy achieving

Learning new things will make you more confident, as well as being fun to do.

- Sign up for a class – you could learn a language, be creative or take a formal education class such as English or History.
- Learn to play an instrument or how to cook your favourite food.
- Read the news or a book.
- Set up a book club.
- Do a crossword or Sudoku.
- Research something you've always wondered about.

## Give... look out, as well as in

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

- Hold a fundraising event for a charity or organisation.
- Volunteer.
- Do something nice for a friend.
- Join a community group.
- If you're going shopping, ask a neighbour or friend if they need anything.