

5 ways to mental wellbeing

Keep learning

It's proven by research that learning new skills can improve your mental wellbeing by boosting your self-confidence, helping you to connect with other people and creating a sense of purpose. It can give you the feeling of achievement that builds confidence.

You can try:

- Learning to cook something new. Researching recipes
- Taking a new responsibility at work like mentoring a junior staff member
- Working on DIY project at home like fixing your bicycle or building a shed, you can use online tutorials to help you along the way
- Sign up for a course at the local college
- Learning new language or practical skill
- Take advantage of growing number of online courses
- Learning to play a new board game
- Practice playing an instrument



Take notice

Taking notice is simply about practicing mindfulness, being more present. It can have an effect on your thoughts, feelings, emotions and your physical body, which will help you to improve your mental wellbeing. It can help you to get out of your head for and feel more connected to the present moment and the world around you.

You can try:

- Short guided meditation or relaxing breathing techniques
- Noticing things around you. What can you see, smell, hear, feel?
- Observing sensations in your body, your emotions and your feelings
- Mix up your routine
- Get lost in the flow of doing something you love



Be active

Being active is not about becoming a bodybuilder or marathon runner, it's simply about engaging your body in movement in a way that suits your abilities and needs. It is very beneficial not only for your fitness and physical health, but it can also improve your mental wellbeing by rising your self-esteem, improving your mood, reducing stress and helping to set goals and achieve them. Being active will help you release excess of energy and give you an all over feeling of wellness.

You can try:

- Go for a regular 30 min walk, run or jog
- Play your favourite sport
- Go to the gym,
- Sign up for a group exercise
- Do something fun like ice-skating, swimming, dancing, cycling or go to the trampoline park
- Take advantage of a growing number of online exercise classes which offer a great choice of activities



Connect

As humans we are social animals and connecting with other people is really important for our mental wellbeing. Having good relationships will help you build a sense of belonging and self-worth, create support network which give you an opportunity to share your experiences and allows to support one another.

You can try:

- Taking time each day to spend with your family, have a set hour for dinner
- Arrange a day out with a friend that you haven't seen for a while
- Try to switch off your TV and spend some quality time with your family or friends, you can play board games, do DIY project or simply enjoy a chat
- Visit a family member or a friend who may be lonely or need some support
- Use technology to your advantage to keep in touch with family and friends, texting and video-chat apps can be specially useful if you live far apart



Give to others

Acts of kindness and giving to other people can improve your mental wellbeing by creating positive feelings and a sense of reward. This will create a sense of purpose and self-worth, but also help you to connect with other people.

You can try:

- It can be something small as saying thank you to someone who helped you or paying someone a compliment.
- Helping your elderly neighbour with a DIY
- Helping with chores around the house
- Asking a friend or a family member how they are feeling
- Volunteering with a charity or local community centre
- Spending time with friend, colleague or family member who needs support or company
- Surprising your parents, spouse or children with a kind gesture



5 ways to mental wellbeing



**Do what you can,
Enjoy what you do,
Move your mood**



**Embrace new
experiences,
See opportunities,
Surprise yourself**



**Your time,
Your words,
Your presence**



**Talk and listen,
Be there,
Feel connected**



**Remember the
simple things
that give you joy**