



give

Research has found a link between doing good things and an increase in wellbeing.



Here are some suggestions to give more:

- Try and do one kind thing every day
- Recycle your waste and give back to the environment
- Become a Health in Mind Hero by giving your time through volunteering or fundraising.

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be active

We know that there's a link between staying active and positive mental health and wellbeing.



By regularly engaging in some form of exercise we can look after our mental and physical health at the same time.

Here are some ways to become more active:

- Go for a walk during your lunch break.
- Walk to work instead of taking the bus or get off a stop earlier
- Join a local sports club - is there a sport you have always wanted to try?

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keep

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learning

Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

Here are some ideas to keep learning:

- Try out a new recipe once in a while.
- Join a class to learn a new language or musical instrument.
- Learn something new about the people around you

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connect

Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.



Here are some suggestions for staying connected:

- Arrange to meet people regularly. Monthly dinner dates with friends or join a local interest group.
- Reach out to somebody you've lost contact with. Send them a letter or give them a call to let them know you are thinking about them.
- Take some time to get to know your neighbours. Invite them around for a cup of tea.

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take



notice

Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.



Taking notice of things we're grateful for, big or small, is a great way to boost our mood and appreciate our surroundings.

Here's some suggestions around taking notice:

- Take up a mindful hobby like knitting or journaling.
- Write down three things in your life you feel grateful for.
- Allocate time in the evening to reflect on what went well that day.

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