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# steps to improve your mental wellbeing

## Connect

Connect with people around you: colleagues, family, friends and neighbours. Building stronger relationships can help us to feel happy and secure. Why not try arranging a day out with a friend you haven't seen for a while?



## Keep learning

Learning a new skill can give a sense of achievement and purpose. It doesn't mean you need to go back to school, there are lots of other ways to bring learning into your day-to-day life. Perhaps you could learn to cook your favourite recipe, take up a hobby such as knitting or try playing a musical instrument.



## Be active

Take a walk or play a game in the garden with your kids. You don't have to be in the gym to be active. Studies show that physical activity helps maintain and improve mental wellbeing. Find an activity that you enjoy and make it part of your weekly routine.



## Be mindful

Try to be aware of the present moment. Listen to your thoughts and feelings and be aware of the world around you. This is often referred to as 'mindfulness'. Mindfulness can positively change the way you feel about life and how you deal with challenges.



## Give to others

Helping others is not only good for those you are helping but it can also do a lot to improve your own mental wellbeing. Even the smallest act of kindness can make a difference, such as just simply saying thank you. Larger acts, such as volunteering, can also help you to build new social networks.



*Remember... it's okay not to be okay.*