

# Five ways to wellbeing

The following things can help to improve your mental health and wellbeing:

## Connect

With family, friends, colleagues and neighbours. At home, at work, school or in your local community.



Invest time in developing relationships to support and enrich your every day.

## Get moving and be more active

We know that being active releases chemicals that boost your mood. Go for a walk or run. Step outside, cycle, play a game or do some gardening.

Discover a physical activity you enjoy that suits your level of fitness.



## Learn something new



It's never too late to gain new skills. Try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun.

## Take notice

Research shows that people are happier when they spend time in natural surroundings. So get outdoors and enjoy our city from the parks to the beach, look around you and enjoy your surroundings – there are so many beautiful things that you can simply miss if you don't raise your head and take notice.



## Give something back

Simple things like making contact with an old friend, or even just holding a door for someone can help you feel a greater sense of connection with others.

Look out, as well as in.





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