

SIX STEPS TO MENTAL WELLBEING



1

CONNECT

Connect with people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.



2

BE ACTIVE

Regular exercise releases endorphins in your brain that make you feel good. Find an activity that you enjoy and make it a part of your life. Take a walk, go cycling or play a game of football.



3

GET ENOUGH SLEEP

Reduce distractions at bedtime such as TV, mobile phones, laptops and tablets. Instead, try reading or listening to soft music for one hour before bed to relax the mind. Create a routine and stick to it.



4

KEEP LEARNING

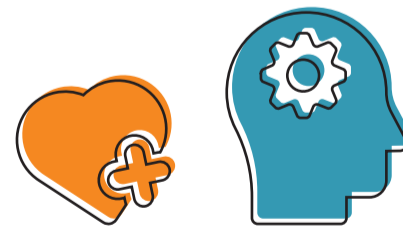
Learning new skills can give you a sense of achievement and a new confidence. Why not sign up for that course, start learning to play a musical instrument, or figure out how to fix your bike?



5

GIVE TO OTHERS

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.



6

BE MINDFUL

Be more aware of the present moment, be kind to yourself, recognise what's going on for you. Some people call this awareness 'mindfulness'. It can change the way you feel about life and how you approach challenges.