

We're talking mental health



Following the Five Ways to Wellbeing
can protect and improve our mental health



Connect with
people you know:
family, friends and
neighbours.

Spend time
developing these
relationships.

CONNECT



IDEAS TO CONNECT

- Make a playlist of your favourite songs and share it with your friends.
- If you like cooking, share the recipe for your favourite creation with someone.
- Think about someone who might be lonely at this time and send them some 'happy post' to cheer them up.



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BE ACTIVE

take a walk, jog
or cycle or find
another activity
that you enjoy.



KEEP LEARNING

learning new
skills can give
you a sense of
achievement
and increased
confidence.



GIVE TO OTHERS

even the smallest
act can count,
whether it's a smile,
a thank-you or a
kind word.



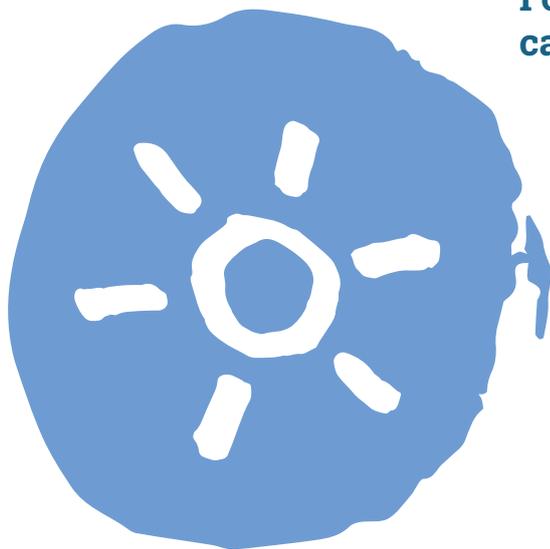
TAKE NOTICE

be more aware of
the present moment,
including your
thoughts and feelings,
your body and the
world around you.

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IDEAS TO BE ACTIVE

- Put on your favourite music and dance for 10 minutes.
- Have a good stretch
- Do some squats while waiting for the kettle to boil



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★ IDEAS TO KEEP LEARNING

- Do a puzzle, word search or Sudoku
- Find out the meaning of your name (and your family members' names too)
- Learn 1-10 in another language



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IDEAS HOW TO GIVE TO OTHERS

- Do a chore around the house that someone else might usually do.
- Do three random acts of kindness in one day.
- Give someone a compliment



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IDEAS TO TAKE NOTICE

- Blow bubbles and watch how they move, their colours etc.
- Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar.
- Look up to the sky and find funny shapes in the clouds.
- Try to notice one thing that makes you feel excited and one thing that makes feel calm and relaxed.



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