

Looking after our mental wellbeing:

There are five simple actions that all the research evidence shows helps us to look after our mental wellbeing.

Connect: with people around you. With family, friends, colleagues and neighbours. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support you every day and help you through the harder times in life.

Be active: Go for a walk or run. Step outside. Cycle. Garden. Dance. Being active makes us feel good. Most importantly discover a physical activity you enjoy which fits your level of mobility and fitness.

Take notice: Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning: Try something new. Rediscover an old interest. Sign up for that course. Take on a new responsibility at work. Fix a bike, learn to play an instrument or learn to cook a new recipe. Set a challenge that you will enjoy achieving. Learning new things will make you more confident as well as having fun.

Give: do something for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with people around you.