

CONNECT



With others and yourself!

BE ACTIVE



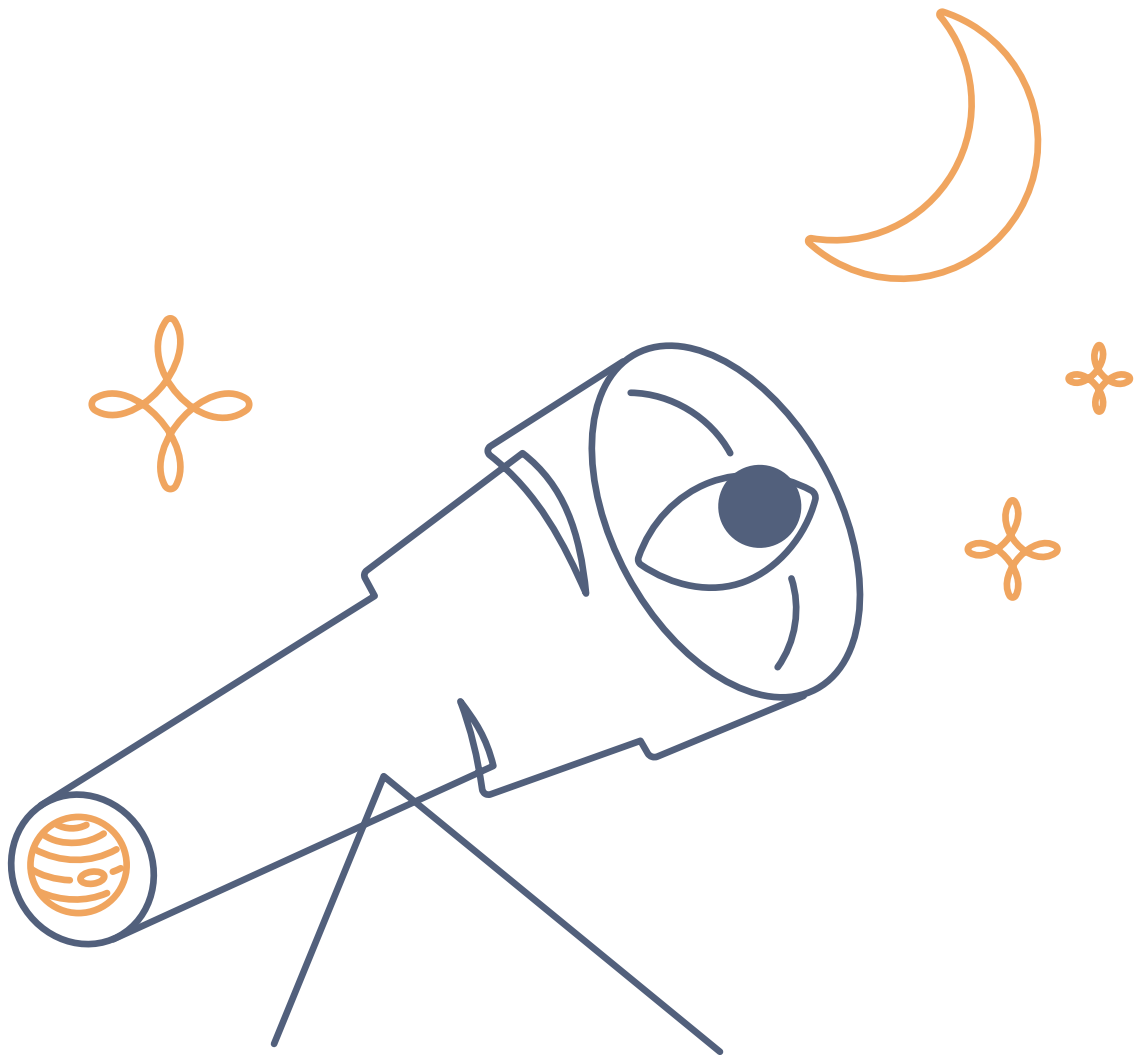
Find an activity that
you enjoy and release
those endorphins!

BE AWARE



Of yourself and your
surroundings and live
in the present!

KEEP LEARNING



Boost your self-confidence
and self-esteem by
learning new skills!

GIVE TO OTHERS



Being kind to others will
make you feel more
positive about yourself!

5 WAYS TO WELLBEING

Connect

Establishing and maintaining connections with other people is fundamentally important as we are social creatures. But try connecting with nature and the world around you, and with yourself too. All these connections are important for our mental health and wellbeing.

Be active

Exercise offers incredible benefits for our mental wellbeing. It releases endorphins, which make us feel happy and more positive. It also increases our self-confidence and gives us more energy.

Be aware

Live in the present, be aware of the world around you and take notice of how you feel both in your mind and body. This is known as mindfulness and taking time to practice this helps us learn to stop and enjoy each moment of our lives, rather than rushing through and being overwhelmed by stress and anxiety.

Keep learning

Keep your mind active by learning new skills. This increases self-esteem and can also be a great way to connect with others. And who knows, you may even discover a hidden talent!

Give to others

Being kind and giving to others improves our own self-worth. It may be a selfless act, but actually it can have a great impact on your own wellbeing.