

# 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.



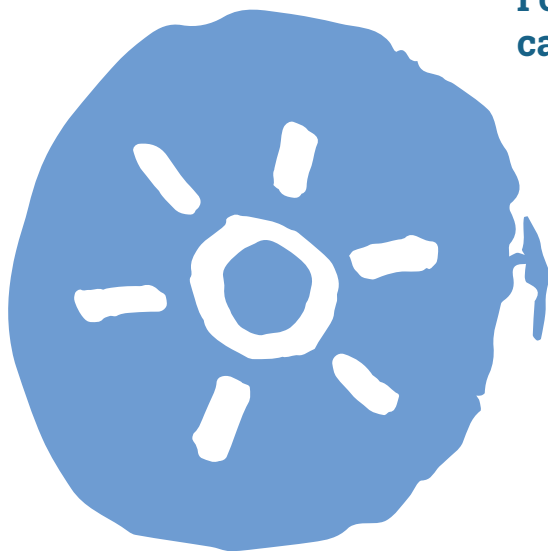
#### TAKE NOTICE

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

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## BE ACTIVE

### 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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## KEEP LEARNING



### 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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## GIVE TO OTHERS



### 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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