

5 ways to wellbeing

Looking after your mental health is just as important as your physical health.

Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing:



Moving our bodies can improve our mental and physical health.

- Go for a walk in nature
- Dance to your favourite song
- Take the stairs instead of the elevator, or park the car further away than usual
- Join an exercise class or do a home workout challenge



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

- Arrange to meet people regularly
- Reach out to someone you haven't spoken to for a while
- Take time to get to know your neighbours and colleagues



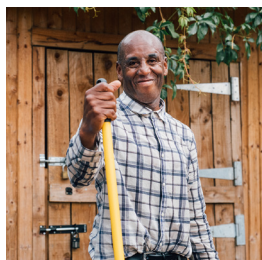
Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

- Pay attention to your senses as you do an activity whether it's a walk, a shower, or cup of tea
- Try mindful movement like Yoga, Pilates or Tai Chi



Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

- Read a book or a web article
- Join a class or learn a new language
- Ask someone about their hobbies and interests



Giving has been shown by research to increase our wellbeing.

- Give someone a compliment
- Do a favour for someone
- Give your unwanted items to charity so someone else can benefit