

5 ways to wellbeing

Health
in Mind

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:



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
- Take time to get to know your neighbours



By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time.

- Go for a walk during your lunch break
- Try activities that bring our focus to the mind-body connection, like yoga or tai chi



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

- Take up a mindful hobby e.g. knitting
- Write down three things you feel grateful for



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.

- Try out a new recipe
- Join a class or learn a new language
- Learn something new about the people around you



Research has found a link between doing good things and an increase in wellbeing.

- Try and do one kind thing every day
- Become a Health in Mind Hero by giving your time through volunteering/ fundraising

www.health-in-mind.org.uk

