

5-a-day for good mental health

1. Connect: What helps you to grow healthy connections with others in your life?

- Value family time
- Nurture old friendships
- Make new friends
- Connect with colleagues
- Focus on the quality not the quantity of connections
- Reach out for support when needed

2. Be Active: Which ways of being active do you enjoy?

- Engage in some exercise
- Walk or cycle instead of driving
- Get some fresh air everyday
- Maintain a balanced diet
- Drink sensibly
- Get enough sleep

3. Take Notice: What do you notice about how you feel right now?

- Build time for reflection into your day
- Focus on the present
- Savour the moment
- Be mindful rather than mind full
- Notice the air you are breathing
- Be aware of the world around you

4. Keep Learning: What have you learnt or tried for the first time recently?

- Try something new
- Rediscover an old interest
- Sign up for a course
- Attend a workshop / conference
- Make time for reading
- Be curious

5. Give: What have you done recently to make someone happy or to help someone?

- Provide a listening ear
- Lend support where you can
- Show kindness & compassion to others
- Volunteer
- Make someone smile
- Help out a neighbour or friend