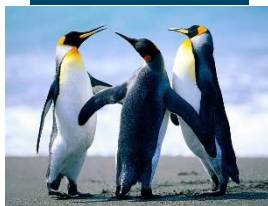


Mental Health and Well-Being

The 5 Ways to Well-being are a set of really simple actions we can all take, which have been shown to improve people's well-being.

- Connect
- Get Active
- Be Mindful
- Keep Learning
- Give to others

Connect



Connecting with each other is a simple step in improving mental health and Well-being. Taking time out of a busy schedule to sit and talk with each other has a positive impact on how we are feeling and allows us to reconnect and express our thoughts and feelings with each other.

Ways in which this simple step could be carried out are:

- No TV/screen time for half an hour to allow talk time
- Sitting together at a table to eat dinner and talk about daily events
- Visiting family or friends
- Attending playgroups or baby classes with younger children to connect with other Mum's/Dad's or carers.

Get Active



We all know exercise is good for your body, but it can be good for your mind too. What's more, there are so many activities out there to choose from, there is bound to be one that you enjoy! Exercise can be a way to deal with negative thoughts and feelings. The feeling of setting a goal and achieving it – even if it's just a jog around the block – can really improve your self-esteem, too.

Be Mindful



Noticing what is going on in our bodies and minds is an important skill for staying mentally healthy. Take time to check in with your thoughts and feelings. By paying attention to the present moment, we might enjoy things more, and even notice things we would have missed.

Keep Learning



Lifelong learning keeps our brains healthy, and the sense of achievement we get from learning something new can be great for our mood. Try something new or rediscover an old interest.

- Read a new book
- Start learning a new skill such as knitting or painting
- Take a dance class

Give to Others



Evidence shows that helping others is actually beneficial for your own mental health and well-being, too. It can help reduce stress, improve your emotional well-being and even benefit your physical health. Give to friends, classmates and your community, and help yourself at the same time!