

# We're talking mental health.



Following the Five Ways to Wellbeing can protect and improve our mental health.



Good relationships help our brains produce chemicals that make us happy.

They give us a sense of belonging and self-worth.

## CONNECT

- Make a playlist of your favourite songs and share it with a friend.
- Join a club or a team to meet people with similar interests.
- Cook a meal together with friends or family.



### BE ACTIVE

Physical activity is good for our minds and bodies, reducing stress and anxiety and boosting confidence.



### KEEP LEARNING

Learning new things gives you new perspectives on the world around you and opens doors to new opportunities.



### GIVE TO OTHERS

Acts of giving and kindness towards other people or in your community create positive feelings and a sense of reward.



### TAKE NOTICE

Stopping to take in the present moment can give a more balanced outlook on life and help keep us from worrying about the past or future.

The Charlie Waller Trust • First Floor • 23 Kingfisher Court • Newbury • Berkshire RG14 5SJ

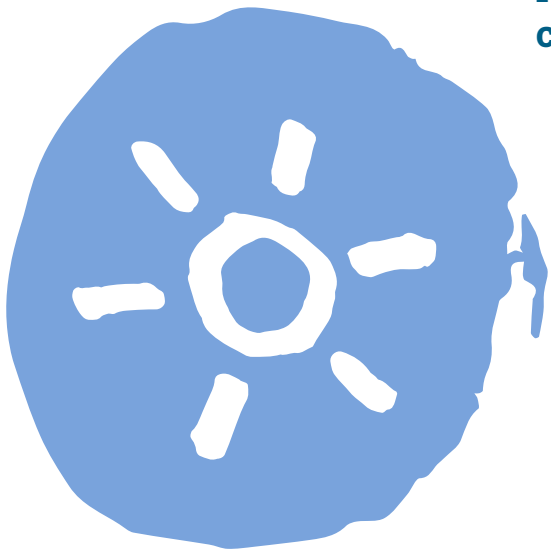
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- Where possible, take the stairs instead of the lift.
- Learn a new dance move.
- Have a good stretch.



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- Do a puzzle, word search or Sudoku.
- Learn the numbers 1 to 10 in a different language.
- Take up a new hobby or project.



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- Complete a household chore that someone else might usually do.
- Do a random act of kindness today.
- Give a word of encouragement or a smile to brighten someone's day.



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- Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar.
- Look outside and notice any signs that the seasons are changing.
- Take note of one thing that makes you feel calm and relaxed and one that makes you feel excited.



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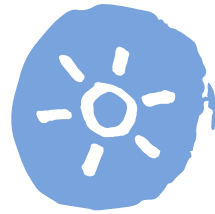
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