



mhl

mental health learning

Five ways to wellbeing: Tips for individuals

Connect with yourself and with others

- Practice gratitude
- practice mindfulness
- look for common ground with others
- laugh with others
- be emotionally intimate with another person
- Give help to another person
- Accept help from others
- Sing
- Journal

Give to others

Giving can give us positive feelings and a sense of reward, alongside a sense of purpose. You could try..

- Record a video message for family or friends, talking or singing about what they mean to you
- Give your time to listen to another persons struggles
- Help a neighbour with shopping
- Text someone to say thank you for being them
- Give another person a hug

Take Notice

Taking notice of whats happening in the present moment is said to ground us and improve our mental wellbeing, rather than thinking about something that is yet to take place in the future.

Take notice of..

- the sounds and smells around you
- your breath
- how the ground feels under your feet
- what you have done well this week
- what you are feeling in this moment, without judgment

Learn new skills

Learning new skills is said to increase our self esteem and sense of purpose - hugely beneficial for those of us at home and unable to work. You could try..

- Baking
- Cooking
- Drawing
- Learn a new language
- DIY around the house
- A new project e.g. upcycling furniture
 - Sewing

Others

- Keep a mood diary to identify what makes you feel good and what makes you feel worse
 - Identify formal sources of support such as helplines or online chat
 - Reduce alcohol/caffeine intake
 - If getting out of bed is all you can manage some days, that's ok!
- Praise yourself for what you did, not what you didn't.

Be Active

Being active is not just good for your physical health, but has massive benefits for your mental health too. It can help clear your mind of current worries. Raise your self esteem and help you make and achieve goals

- Walking
- Housework
- Gardening
- Home workouts
- Dancing with the kids