Key Factors to Better Mental Health and Happier Living

PREMIER LIFE SKILLS

Meaning
People who have meaning in their lives experience less stress, anxiety and depression

Give it a go:
- Prioritise the actives, people and beliefs they bring you the strongest sense of purpose and wellbeing
- Volunteer for a cause, or part of a team, notice how your actions make a different for others

Giving
Offer a helping hand will make other people happy and will also make you feel happier too.

Give it a go:
- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen in a non judgemental way

Exercising
Regular physical activity will deliver an endorphin boost and increase confidence and build self esstem

Give it a go:
- Find an activity that you and your schedule
- Swap the car on short journeys and cycle or walk to work

Trying out
Learning something new it is stimulating and can help to lift your mood

Give it a go:
- Take a new role at work
- Try out a new hobby, club or activity that interests you

Relating
The people around you offer a valuable pool of support so it's important to put time into strengthening those connections

Give it a go:
- Meeting up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day

Awareness
Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress

Give it a go:
- Paying attention to your senses – what can you see, hear or feel around you?
- Choose a regular point in the day to reflect

Direction
Working towards positive, realistic goals will provide motivation structure and a sense of purpose

Give it a go:
- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to be positive and celebrate progress along the way

Resilience
Although we can't always choose what happened to us, we can often choose our own response to what happens

Give it a go:
- Find an outlet such as talking to friends or writing it down, keep a journal
- Build and maintain your resilience skills, be active in developing positive qualities

Emotions
Positive emotions can build up a safeguard against stress and even leads to lasting changes in the brain to help maintain wellbeing

Give it a go:
- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

Acceptance
No one is perfect. Longing to be someone different prevents you making the most of our own happiness.

Giving it a go:
- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do