

# Key Factors to Better Mental Health and Happier Living



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| <p><b>Giving</b><br/>Offer a helping hand will make other people happy and will also make you feel happier too.</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Share your skills or offer support</li> <li>• Ask friends, family or colleagues how they are and listen in a non judgemental way</li> </ul>                                                                 | <p><b>Exercising</b><br/>Regular physical activity will deliver an endorphin boost and increase confidence and build self esteem</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Find an activity that you can fit into your schedule</li> <li>• Swap the car on short journeys and cycle or walk to work</li> </ul>                                    | <p><b>Meaning</b><br/>People who have meaning in their lives experience less stress, anxiety and depression</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Prioritise the activities, people and beliefs they bring you the strongest sense of purpose and wellbeing</li> <li>• Volunteer for a cause, or part of a team, notice how your actions make a difference for others</li> </ul> |
| <p><b>Relating</b><br/>The people around you offer a valuable pool of support so it's important to put time into strengthening those connections</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Meeting up with someone you haven't seen in a while</li> <li>• Turn off distractions to chat with friends or family about your day</li> </ul>                              | <p><b>Awareness</b><br/>Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Paying attention to your senses – what can you see, hear or feel around you?</li> <li>• Choose a regular point in the day to reflect</li> </ul>                                     | <p><b>Trying out</b><br/>Learning something new it is stimulating and can help to lift your mood</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Take a new role at work</li> <li>• Try out a new hobby, club or activity that interests you</li> </ul>                                                                                                                                    |
| <p><b>Resilience</b><br/>Although we can't always choose what happened to us, we can often choose our own response to what happens</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Find an outlet such as talking to friends or writing it down, keep a journal</li> <li>• Build and maintain your resilience skills, be active in developing positive qualities</li> </ul> | <p><b>Emotions</b><br/>Positive emotions can build up a safeguard against stress and even leads to lasting changes in the brain to help maintain wellbeing</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Take time to notice what you're grateful for and focus on the good aspects of any situation</li> <li>• Set aside time to have fun</li> </ul> | <p><b>Direction</b><br/>Working towards positive, realistic goals will provide motivation structure and a sense of purpose</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Choose a goal that is meaningful to you, not what someone else expects of you</li> <li>• Remember to be positive and celebrate progress along the way</li> </ul>                                                |
|                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>Acceptance</b><br/>No one is perfect. Longing to be someone different prevents you making the most of our own happiness.</p> <p><b>Give it a go:</b></p> <ul style="list-style-type: none"> <li>• Be kind to yourself when things go wrong</li> <li>• Shift the focus away from what you don't have and can't do, to what you have and can do</li> </ul>                                                      |