

---

# Five Ways To Have Good Mental Health

## Connect

Connect with people around you . With family, friends, colleagues and neighbours. Engaged with your community wherever you are, home or work. Think of these as cornerstones of your life and invest time and energy into building and developing them. Building these connections will support and enrich you every day.

## Be Active

Step outside. Play a game in the garden. Go for a walk or a run, cycle or go dancing. Exercise makes you feel good. Make sure you chose a physical activity that you enjoy and suits your mobility as well as your life style.

## Take Notice

Be curious. Catch sight of the world around you be aware of it and its beauty. Look for the unusual. Notice the changes in the seasons. Savour the moment, whether you're walking to work, eating your lunch or talking to friends and family. Reflect on your experiences and it will help you to appreciate what matters to you.

## Keep Learning

It maybe trying something new or revisiting an old interest or hobby. Sign up for a course. Set yourself a challenge you will enjoy and achieve. Learning new things will make you more confident.

## Give

Do something for a friend or a stranger. Thank someone. Smile. Volunteer or join a community group. Look out toward others as well as looking in. Recognise that your own happiness can come from giving to others .This can be rewarding and will establish a connection with people around you.

---