
Five daily actions for mental well-being



Connect.....

- With family & friends,
- Co-workers & neighbours,
- Parishioners
- Give and accept support
- Grow spiritually

These connections are vital so take time to develop them every day.

Be active.....

- Walk, run, cycle
- Play a game
- Dance
- Garden
- Eat well & get enough rest

Discover something active you enjoy doing!

Take notice.....

- Be curious of the world around you
- Catch sight of the beautiful or unusual
- Be aware of your feelings
- Savor the moment

Reflecting on your experiences will help you understand yourself better and appreciate what matters to you.

Keep learning.....

- Try something new
- Rediscover an old interest
- Take a course; fix a bike
- Learn to play an instrument
- Learn how to resolve conflict
- Learn how to budget

Learning new things will make you more confident and fun to be with.

Give.....

- Do something nice for a friend or a stranger
- Thank someone
- Be polite
- Smile, wave or say 'hi'
- Volunteer

Seeing yourself as linked to the wider community is incredibly rewarding and builds community.

