Five-a-day for health & happiness

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Useful websites

www.wellbeinginfo.org
www.mindapples.org
www.mind.org.uk
www.mentalhealth.org.uk
www.moodgym.anu.edu.au

This information can be made available in other formats or languages on request, and further copies of this leaflet can also be requested by contacting the Public Health Improvement Information & Resource Team on 0191 424 6666.
The following five actions can help to improve your mental health and well-being:

**connect...**
With family, friends, colleagues and neighbours. At home, at work, school or in your local community. Think of these connections as the cornerstones of your life and invest time in developing them. Building connections will support and enrich your every day.

**be active...**
Go for a walk or run, step outside, cycle, play a game, garden, dance or exercise, it will make you feel good. Discover a physical activity you enjoy and that suits your level of mobility and fitness.

**take notice...**
Be curious. Catch sight of the beautiful, remark on the unusual, notice the changing seasons, savour the moment, whether you are walking to work eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

**keep learning...**
Try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun.

**Give...**
Do something nice for a friend or stranger. Thank someone, smile, volunteer your time, join a community group. Look out, as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.