

Mental health & wellbeing



Five

Ways to

Wellbeing



Source: Rochdale Borough Council



GIVE

**KEEP
LEARNING**

CONNECT

**BE
ACTIVE**

**TAKE
NOTICE**

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.**

Be Active...



- **A healthy body equals a healthy mind.**
- **Find something suitable for your level of fitness that you enjoy.**
- **Go for a walk or run. Cycle. Play a game. Dance.**
- **Exercising makes you feel good.**

Connect...



- **Connect with the people around you.**
- **With family, friends, colleagues and neighbours.**
- **At home, school, or in your local community.**

Give...



- **Do something nice for a friend.**
- **Thank someone.**
- **Smile.**
- **Volunteer to help.**

Keep Learning...



- **Try something new.**
- **Learn to play an instrument or how to cook your favourite food.**
- **Set a challenge you will enjoy achieving.**
- **Learning new things will make you more confident as well as being fun.**

Positivity Journals



- Psychologists have found that writing about your **difficulties** can improve both your health and your school work
- Writing your **goals** down makes you more likely to reach them
- Writing **positive journals** about positive feelings changes your outlook on life
- **Gratitude journals** – writing down 3 things you are grateful for each day – improve your mood and help you sleep better
- **Morning pages** – just writing things down first thing in the morning – can free your mind from negative voices and thinking you need to be perfect