

# 5 WAYS TO WELLBEING

CHECK OUT SOME SIMPLE WAYS TO MIND OUR MENTAL HEALTH:



## 1. CONNECT

Take the time to connect each day with the people around you. Online, phone or in person, it can really boost our mental health!

- Meet up with friends and family
- Join a club or group
- Have a conversation with someone in school, work or college
- Talk to a support service



## 2. BE ACTIVE

Just 30 minutes of exercise per day can help us feel good both mentally and physically.

- Go for a brisk walk
- Take the stairs instead of the lift
- Have a game of football, tennis, hurling, basketball etc.
- Join a sports club
- Take the dog for a stroll



## 3. TAKE NOTICE

A few moments a day to focus on what's happening inside us, and in our surroundings can be really helpful to increase our self-awareness and overall wellbeing.

- Pick a sense (sight, smell, hearing, touch, taste) and take 2 minutes to see how much you can notice focusing just on that sense
- Try out a Mindfulness app or course
- Take 1 minute out of your day to ask yourself "how am I feeling right now?"



## 4. KEEP LEARNING

Learning something new every day can build confidence, competence and feed our curiosity.

- Learn a new song or an instrument
- Listen to a podcast on something you know very little about
- Read an interesting article online or a chapter from a book
- Ask questions



## 5. GIVE

By helping others we can give ourselves a greater sense of wellbeing and confidence.

- Give a family member some help with a job around the house
- Give a compliment or say "thank you"
- Sign up for volunteering opportunities