Take5
steps to wellbeing

HSC Health and Social Care

Connect
It's good to talk

Give
Do something nice for a friend or a neighbour











Take Notice
Take time to notice the world around you

Keep Learning
Don't be afraid to try something new

Be Active
Do exercise that you enjoy

www.**mindingyourhead**.info

There are 5 simple steps to help improve how you feel. Try to build these into your daily life think of them as your 'five a day'. Here are some ways you can do that!

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Connect... It's good to talk.

- Talk to your family, friends and neighbours.
- Telephone or text a friend.
- Being with others helps you feel good.



Be Active... Choose an exercise that you enjoy.

- Get into the fresh air and go for a walk.
- Use an exercise DVD or dance to music.
- Exercise makes you feel good.



Take Notice... look at how lovely the world is.

- Notice the people around you, listen to the birds singing, smell the flowers, touch the leaves.
- Noticing nice things can make you feel good.



Keep Learning... Try to learn something new.

- Sign up for a course, learn how to play a musical instrument, learn how to use a computer or how to cook your favourite food.
- Learning new things can be fun and will make you feel good about yourself.



Give... Do something nice for a neighbour or a friend.

- Smile, say hello, thank someone, help others if you can, join a group.
- Giving to other people can make you feel good.

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