



5 Steps to Wellbeing

Evidence suggests these 5 steps can improve your mental health and wellbeing. Trying these things could help you to feel more positive and to get the most out of life.

1. Connect with people



Why? Good relationships help build a sense of belonging, self-worth; and opportunities to share positive experiences and emotional support.

How? Share a meal with friends, walk and talk, switch off devices at times to talk or play a game in person, use technology to connect with those far away.

2. Be active, be outside



Why? Time in green spaces promotes chemical changes in the brain, positively changing mood, lowering stress hormone levels, blood pressure and heart rate, and enhancing the immune system.

How? Simply notice the sights, sounds, smells and textures of nature, walk and talk with a friend, walk instead of using transport, join a club, sport or activity.

3. Learn new skills, create



Why? Boosts self-confidence and self-esteem, helping us build a sense of purpose, and connection with others.

How? Choose something that brings you joy, a new role or responsibility, hone a particular skill, try new hobbies like writing a blog, sport, cook a new dish, or something artistic and creative.

4. Give to others, show gratitude



Why? Acts of giving and kindness create positive feelings and are rewarding, promoting purpose and self-worth and helping us to connect with others.

How? Thank someone for something they have done for you, ask someone how they are and really listen to the answer, spend time with friends or relatives who need support or company, offer help to someone you know, or volunteer in the community.

5. Be present and breathe



Why? Paying more attention to the present moment, thoughts, feelings, bodily sensations and environment, can improve mental wellbeing. We call this "mindfulness". Mindfulness helps us enjoy life more, understand ourselves better, and improve our approach to challenges.

How? Bringing attention to our breath is the first step to practicing mindfulness and being present. Breathing is also key to relaxation.