



1). Connect

Interacting and building meaningful connections with the people around you, will allow you to enrich your life every day. Whether it be family, friends, colleagues or neighbours, these connections give you a sense of community. Think of these as the foundation of your life and spend time growing them. Join a local activity or volunteer group, speak to an old friend, someone new at work.



2). Be Active

Get out, go do and enjoy moving your mood. Go for a walk or a run, cycle, play a game, garden, dance. Doing something physical benefits both the mind and body, relieving stress and producing feel-good hormones in the brain. Most importantly, choose a physical activity that you enjoy and that suits you, and your level of mobility and fitness, the options are endless.



3). Keep Learning

Open your mind to personal development, learning something new gives you a sense of well-being and accomplishment. Try something new, or rediscover an old interest, sign up for a course, or try taking on a different responsibility at work. Set a challenge you will enjoy achieving and keep your curiosity alive.



4). Give to Others

Several studies have shown that acts of giving and kindness both small and large help with overall positive mental wellbeing. When you give your time, energy or talents to something, the rewards are endless. Do something nice for someone else, look out for your neighbours and offer help where you can.



5). Be Mindful

Mindfulness is about focusing on the present moment, rather than getting caught up in the past or worrying about the future. The Aim of Mindfulness is to experience life in every moment as it unfolds. This practice encourages us to embrace acceptance and gratitude in our current life as it is.