

Take5

steps to wellbeing



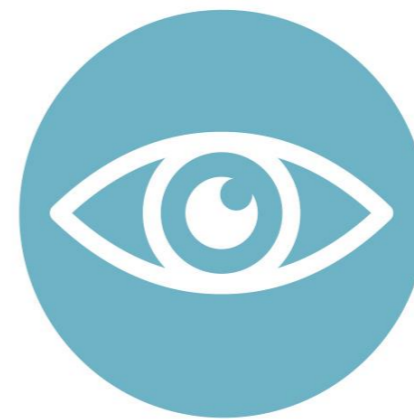
Connect



Keep learning



Be active



Take notice



Give

What is mental health?

"...a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community" World Health Organisation, 2001, p.1.



What is wellbeing?

Wellbeing is when you feel good and enjoy your day to day life.

The things that we do, and the way that we think affects our wellbeing

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Connect with the people around you: family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you everyday.



Keep learning Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Learning new things will make you more confident, as well as being fun to do.



Be active Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, find an activity you enjoy; one that suits your level of mobility and fitness.



Take notice Stop, pause, or take a moment to look around you. What can you see, feel, smell, or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel



Give Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with people around you.



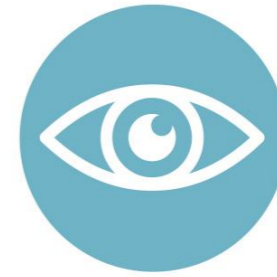
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- 1 in 5 people in Northern Ireland have a mental health condition at any time
- Using the Take 5 steps could enhance your life expectancy by 7¹/₂ years
- People with high levels of mental wellbeing are more likely to be in work or in full-time education
- Each of the Take 5 steps has been shown to make a positive difference to how we feel

Connect with the people around you: family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you everyday.

Connect with other people

- Phone, message, email or text
- Eat a meal together
- Join a support group
- Connect with nature, pets or animals
- Connect with your spiritual needs



Connect

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Learning new things will make you more confident, as well as being fun to do.

- Ask someone to teach you how to do something or about a topic which interests you
- Search the internet for information, tips or online courses
- Sign up for a local course or class
- Visit your local library
- Visit a museum/ exhibition
- Ask someone a question about themselves.



Keep learning

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, find an activity you enjoy; one that suits your level of mobility and fitness.

You can do exercises in a chair or lying down if needed fit it into your daily routine:

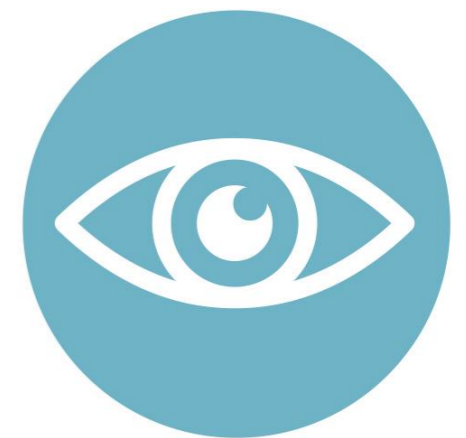
- Get off the bus a stop early and walk
- Swap the lift for the stairs
- Meet a friend for a walk instead of a coffee



Be active

Stop, pause, or take a moment to look around you. What can you see, feel, smell, or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

- Be in the present
- Take photos of things that interest you or make you feel good
- Notice your thoughts and feelings
- Savour the taste of your food
- Ask yourself, what was good today?
- Look around you at nature
- Notice other people



Take notice

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with people around you.

- Give a smile, a compliment, encouragement
- Give a hand to someone else to do something
- Do activities with other people
- Give your time, a silent wish or prayer
- Give thanks for the good in your Life



Give



The Take 5 steps are simple and achievable for everyone.

Ask yourself:

- What do I currently do?
- How does it make me feel?
- What would I like to do more of?
- What gets in my way, and what would help me do it?

Write it down: What I will do, and when I will do it!...

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Give
Do something nice for a friend or stranger. Smile, volunteer your time or consider joining a community group.

Be active
Exercising makes you feel good so discover a physical activity you enjoy like going for a walk, cycling or dancing.

Connect
Connect with the people around you: family, friends or neighbours at home. Building support networks will support your wellbeing.

Keep learning
Don't be afraid to try something new. Rediscover your interests.

Take notice
Savour the moment, be aware of the world around you and what you're feeling. Reflecting on your experiences helps you appreciate what you have.

Take5 steps to wellbeing
www.mindingyourhead.info

There are five simple steps to help maintain and improve your wellbeing every day.
Try to build these steps into your daily life.