

# connect



Spending time developing relationships with your family, friends, colleagues and neighbours will help boost your mental wellbeing.

## Try to **connect** with someone today by:

- Talking to them instead of sending an email
- Speaking to someone new
- Asking how someone's weekend was and really listening when they tell you
- Putting five minutes aside to find out how someone really is
- Giving a colleague a lift to work or share the journey home with them
- Calling that friend you haven't spoken to in a long time
- Visiting a relative who needs a bit of support



By taking a few simple steps we can all improve our mental wellbeing.

If you give them a try, you may feel happier, more positive and able to get the most from life. For more advice on improving your mental health visit:

[www.wakefield.gov.uk/mentalhealth](http://www.wakefield.gov.uk/mentalhealth)

# take notice



Being aware of the present moment, including your thoughts and feelings, your body, your family and friends, and the world around you will help boost your mental wellbeing.

## Try to take notice by:

- Getting a plant for your workspace
- Sprucing up your garden - this also helps you to get active
- Visiting local parks to see the wildlife and trees
- Having a 'clear the clutter' day
- Taking notice of how your friends and family are feeling or acting
- Taking a different route on your journey to see some new sights
- Visiting a new place for lunch



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# be active



Finding an activity that you enjoy and making it a part of your life will help boost your mental wellbeing.

## Try to be active by:

- Taking the stairs not the lift
- Going for a walk at lunchtime
- Walking into work - perhaps with a colleague
- Getting off the bus one stop earlier
- Organising a work sporting activity
- Having a kick-about in a local park
- Doing some 'easy exercise', like stretching
- Walking to someone's desk instead of calling or emailing



**FIVE WAYS TO WELLBEING WAKEFIELD**  
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# give



Even the smallest act, whether it's a smile, a thank you or a kind word, or a larger act such as volunteering will help boost your mental wellbeing.

## Try to **give** by:

- Doing something nice for a friend, or a stranger
- Volunteering your time
- Joining a community group
- Saying thank-you to someone, for something they have done
- Asking a colleague how they are, and really listening
- Offering to lend a hand if you see a stranger struggling with bags or a pushchair
- Signing up for a mentoring project
- Arranging a day out for a friend or relative



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# keep learning



Learning new skills can give you a sense of achievement and a new confidence, and will help boost your mental wellbeing.

## Try to **keep learning** by:

- Finding out something new about your friends or colleagues
- Reading the news or a book
- Setting up a book club
- Doing a crossword or Sudoku
- Researching something you've always wondered about
- Learning a new word
- Starting a cookery class
- Learning a new language



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