Take notice

Take time during your day to be more aware of your surroundings and notice the present moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling. It can help you appreciate what's going on around you.

For example:

- getting a plant for your home
- taking notice of sights and sounds outdoors
- switching off technology, such as your mobile phone
- taking notice of how your friends or family are feeling or acting

What do you currently do to take notice?

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Set a goal to take notice:

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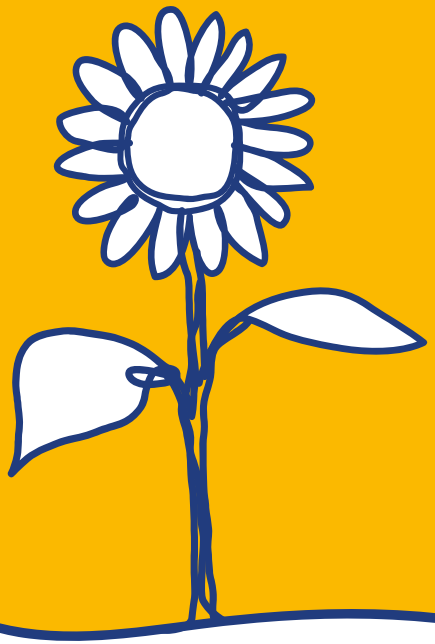
The five ways to wellbeing



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for better mental health

The following steps have been researched and developed by the New Economics Foundation.

Connect

Building and maintaining positive relationships with people can be an important part of wellbeing. Spending time speaking to positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

For example:

- telephoning a friend or relative to see how they are
- asking how someone is and really listening when they tell you
- arranging to speak with a colleague or friend

What do you currently do to connect?

Set a goal to connect:

Give

Giving can be a great way to look after your wellbeing. People who show a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your goal gives something back to your community.

For example:

- volunteering your time
- supporting your community
- doing something nice for a friend
- thanking someone

What do you currently do to give?

Set a goal to give:

Keep learning

Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby, sign up to a course or try learning a new skill, such as playing a musical instrument.

For example:

- finding something out about a colleague or a friend
- doing a crossword or Sudoku
- researching something you're interested in
- learning a new word

What do you currently do to keep learning?

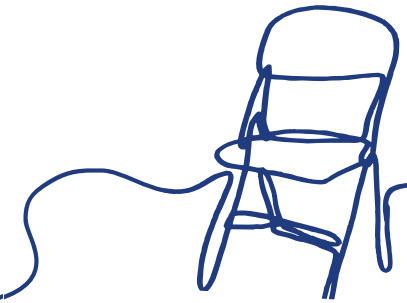
Set a goal to keep learning:

Be active

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

For example:

- going for a walk during your day
- following a workout video
- doing some 'easy exercise', like stretching, in the morning and before you go to bed

What do you currently do to be active?

Set a goal to be active: