



5 ways to good mental wellbeing

1



BE ACTIVE

- Go for a walk or run.
- Step outside.
- Cycle.
- Play a game.
- Garden.
- Dance.
- Exercising makes you feel good.
- Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

2



CONNECT

- Connect with the people around you.
- With family, friends, colleagues and neighbours.
- At home, work, school or in your local community.
- Think of these as the cornerstones of your life and invest time in developing them.
- Building these connections will support and enrich you every day.

3



TAKE NOTICE

- Be curious.
- Catch sight of the beautiful.
- Remark on the unusual.
- Notice the changing seasons.
- Savour the moment, whether you are walking to work, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling.
- Reflecting on your experiences will help you appreciate what matters to you.

4



KEEP LEARNING

- Try something new.
- Rediscover an old interest.
- Sign up for that course.
- Take on a different responsibility at work.
- Fix a bike.
- Learn to play an instrument or how to cook your favourite food.
- Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

5



GIVE

- Do something nice for a friend, or a stranger.
- Thank someone.
- Smile.
- Volunteer your time.
- Join a community group.
- Look out, as well as in.
- Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Resolve Unresolved Issues

Issues like **DEBT, RELATIONSHIP PROBLEMS, BEREAVEMENT**, can make people feel alone and seriously affect people's mental health and wellbeing. There is help available - Go to [Connect to Support](#) to see what's available in your area.

Lincolnshire support to help you...

BE ACTIVE

- **Lets Move Lincolnshire** - to find out about clubs/activities
- **One You Lincolnshire** - to help you get more active and drop unhealthy habits
- **Walks in Lincolnshire** - for a list of 140 walking routes
- **Active Lincolnshire** - for opportunities to get active

CONNECT

- **Connect to Support Lincolnshire** - to look for local activities near you
- **Family Service Directory** - for play and leisure activities for all ages
- **Shine** has a network of community groups providing fun and supportive activities

TAKE NOTICE

- **Mindfulness** - to help you appreciate people and environment around you
- **Every Mind Matters** - for wellbeing tips and managing unhelpful thoughts
- **Lincolnshire Libraries** - for free access to inspiring books, audio and e-books

KEEP LEARNING

- **Family Service Directory** - for career, training and learning
- **Recovery College** and **MindEd.org.uk** - for access to free mental health courses
- **FutureLearn** - for free, online courses from top universities
- Google or Social media search for local courses e.g. cooking, gardening

GIVE

- **Voluntary Centre Services** that can connect you to the right opportunities
- **Social Prescribers** can connect you to community services to improve your health and wellbeing



If you are worried about your own or someone else's mental health

There are mental health services and support for: **Children ; Young people ; Adults ; Parents/carers**