

# 5 Ways to Wellbeing!



Connect...with people around you: friends, family, colleagues or neighbours. Strengthening these connections will support and enrich you every day.



Be active...find an activity you enjoy: go for a walk, do some gardening, dance, just step outside. Exercising at a level that suits you will make you feel good.



Take notice...savour the moment, whether you're walking to work, eating lunch, or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning...try something new or rediscover an old interest. Set yourself a challenge like cooking a favourite meal, fixing your bike or signing up to a course.



Give...do something nice for a friend or a stranger: smile, volunteer, say thank you. Seeing yourself linked to the wider community can be very rewarding.

Oxfordshire  Mind

We hear you.  
And we're  
here to help.



Free mental health support:

Call: 01865 247788

Text: 07451 277973

Email: [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)

Online: [www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)