

# 5 small changes can make a **BIG** difference

SIMPLE THINGS YOU CAN DO TO  
IMPROVE YOUR MENTAL HEALTH  
AND WELLBEING



**Give** – Volunteer, join a community group. Giving your time can be very rewarding, boosts mood and can increase wellbeing.

**Keep Learning** – Try new things like signing up for a cooking course, learning new things is fun and can increase confidence.

**Take Notice** – Be curious. Savour the moment, take time to remember the little things that make you happy.

**Be Active** – Go for a walk, cycle or garden, find a physical activity you enjoy and that suits your level of mobility and fitness.

**Connect** – With people at home, at work, school or in your local community. Building connections will support and enrich you.



For more information, visit  
[www.fivetothrive.net](http://www.fivetothrive.net)

**NHS**  
City and Hackney  
Clinical Commissioning Group

Supported by Hackney Council, the City of London Corporation and local partner organisations

HDS2805