

The Holmleigh Five To Thrive



Five small actions you can do to improve your mental health and wellbeing

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| Connect | Positive relationships are very important for your wellbeing. Make sure that you share the experiences of your day with your family and friends and ask them about theirs. Building connections with those around you will help to support you and enrich your life. |
| Be active | Being active is not only good for your physical health and fitness; it can also improve your mental health and positively change your mood. Go for a walk or a run, cycle, play a game- there are lots of different ways to exercise and they are all good for you! |
| Take notice | Paying more attention to the present moment improves your mental wellbeing. Be aware of the world around you and what you are feeling. Be curious and take notice of the things that make you happy. |
| Keep learning | Learning new things is fun and can increase your confidence, so keep working hard and keep trying new things. Set yourself a challenge you will enjoy achieving. |
| Give | Research shows that showing kindness and giving your time will boost your mood and increase wellbeing. Do something kind for someone else. |

