



## Five Ways to Keep Positive



### 1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support other

You could:

- ✓ If possible, take time each day to be with people in your house, for example, try arranging a fixed time to eat dinner together
- ✓ Try switching off the TV or your computer/tablet/iPad to talk or play a game
- ✓ Send a card or letter to someone who needs support or company
- ✓ Make the most of technology to stay in touch with people. Video-chat apps like Skype and FaceTime are very useful

### 2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- [Raising your self-esteem](#)
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood

You could:

- ✓ Exercise at home by cleaning or running up and down stairs
- ✓ Join Joe Wicks from Monday 23<sup>rd</sup> March for daily PE sessions
- ✓ Dance like no-one is watching to your favourite music
- ✓ Try yoga or Pilates via online videos



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### 3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and [raising self-esteem](#)
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

You could:

- Try learning to cook something new. Find out about [healthy eating and cooking tips](#)
- Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- Consider learning a new language by accessing free online courses
- Try new hobbies that challenge you, such as writing a blog or learning to paint

### 4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- **Creating positive feelings and a sense of reward**
- **Giving you a feeling of purpose and self-worth**
- **Helping you connect with other people**

It could be small acts of kindness towards other people, or larger ones like helping with household duties.

You could try:

- ✓ Saying thank you to someone for something they have done for you
- ✓ Asking people around you how they are and really listening to their answer
- ✓ Offering to help someone you know with DIY or a work project
- ✓ Sending a letter or card to people who are isolated, for example in hospital or an older person's care home



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### **5. Pay attention to the present moment (mindfulness)**

**Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.**

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Read more about [mindfulness](#), including steps you can take to be more mindful in your everyday life.