

We're talking mental health.



Following the Five Ways to Wellbeing can protect and improve our mental health.



Good relationships help our brains produce chemicals that make us happy.

They give us a sense of belonging and self-worth.

CONNECT

- Make a playlist of your favourite songs and share it with a friend.
- Join a club or a team to meet people with similar interests.
- Cook a meal together with friends or family.



BE ACTIVE

Physical activity is good for our minds and bodies, reducing stress and anxiety and boosting confidence.



KEEP LEARNING

Learning new things gives you new perspectives on the world around you and opens doors to new opportunities.



GIVE TO OTHERS

Acts of giving and kindness towards other people or in your community create positive feelings and a sense of reward.



TAKE NOTICE

Stopping to take in the present moment can give a more balanced outlook on life and help keep us from worrying about the past or future.

The Charlie Waller Trust • First Floor • Rear Office • 32 High Street • Thatcham • Berkshire RG19 3JD

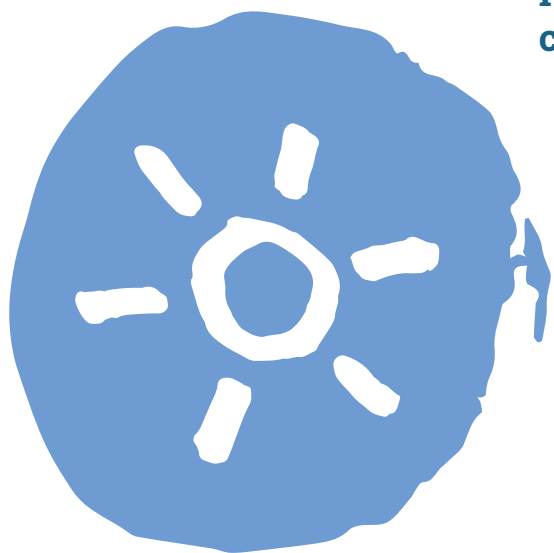
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- Where possible, take the stairs instead of the lift.
- Learn a new dance move.
- Have a good stretch.



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- Do a puzzle, word search or Sudoku.
- Learn the numbers 1 to 10 in a different language.
- Take up a new hobby or project.



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- Complete a household chore that someone else might usually do.
- Do a random act of kindness today.
- Give a word of encouragement or a smile to brighten someone's day.



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- Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar.
- Look outside and notice any signs that the seasons are changing.
- Take note of one thing that makes you feel calm and relaxed and one that makes you feel excited.



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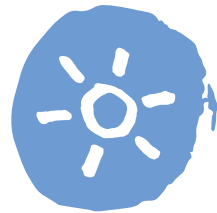
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